

# **THE RENEGADE DIET**

**Losing Fat & Gaining Muscle  
Simultaneously is Now a Reality**

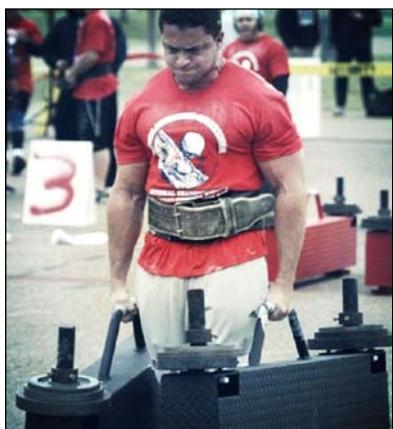


**JASON FERRUGGIA**

# PRAISE FOR THE RENEGADE DIET

*"I have been following The Renegade Diet for about 10 months now and I love it. I'm a busy guy and don't have time to stop and eat every 2-3 hours like I used to think you were supposed to. This type of eating fits my lifestyle great and is easy to follow and implement. I'm also stronger and bigger than ever. I've actually had to cut back on eating a little bit in the past month because I'm gaining too much weight and have weight class restrictions. A year ago I was walking around about 205-208 at around 12% body fat. Now I'm walking about 212-215 at the same body fat. My wife also follows this style of eating and is actually using it to diet for a bikini competition. So no matter if your goal is fat loss, muscle gain or improved performance you can't go wrong with The Renegade Diet."*

—Chase Karnes, BS, CSCS,  
National Level Strongman  
Competitor



*“Forget what you think you know about dieting and read this book. The Renegade Diet a byproduct of a real life search for the best way to build muscle and burn fat. It’s a compilation 20-plus years of experimentation, hundreds of clients, and a bottom line you can appreciate: New information, effective and easy-to-understand tips, and results that you will appreciate. Basically, it’s everything you’d expect from Jason Ferruggia.”*

—Adam Bornstein, Editorial Director of LIVESTRONG.COM

*“As an office worker, the greatest thing about the Renegade Diet is that it has drastically reduced a) the amount of food I bring into the office and b) the amount of time I waste preparing/eating/cleaning up food at the office. This allows me to get a lot more done in my time at the office and spend less time thinking and worrying about eating when I’m away from home. Once I get home in the evenings, I can relax, enjoy a big, satisfying dinner knowing that I’m doing my body some good. The second biggest benefit to me is that I find myself much less stressed since I started the Renegade Diet. I’m better able to laugh off annoyances and ignore inconveniences.”*

—David Jarzebowksi

*“I do not consider the Renegade Diet a diet plan. It is a straightforward strategic methodology that will enable you to reach your health goal, without a lot of suffering. It will quickly become part of your lifestyle, and it's extremely flexible. In my case, I wanted to lose fat and add muscle. The fat disappeared quickly, and lean muscle stayed. I followed the recommended adjustments to add size, and now the fat is still gone and I continue to add more lean mass. How many diets can do that for a 42 year old with years of training experience? Best of all, I have never felt better or more energetic.”*

—Marc Lockwood

*“After trying different eating protocols over the past few years my diet is the one thing I struggled with staying on task. It took some adjusting as the Renegade Diet exposes many of the common myths that have been preached forever. The Renegade Diet has not only given me the best results of anything I have tried but is the easiest to follow! It can be followed when I am on the road or in the office without much work at all.”*

—Scott Volquarsten

*"I have been following the Renegade for the last year. It seemed like such a bad idea and shock from the onset because it went against everything I thought I knew to be true. Since I trust all of Jason's work I dove in without hesitation and have never looked back. I am an active outdoor/sport enthusiast and busy owner of 2 gyms and a personal trainer. This would leave me scrambling to get all 6 of my meals in and worry about the macros, quality, etc. With the Renegade Diet I have been able to eliminate all my "diet" stress and maintain single digit body fat while slowly gaining muscle. Simply put, it is now even easy to look good on the beach, dominate pickup games, and have a social life without looking like a tool carrying around containers of food all day."*



—Gary Deagle, BS, CPT

*"Jason's Renegade Diet has taught me more about nutrition than any other program I have ever read. Personally, I lost over 40lbs following his advice. I was able to re-compose my physical appearance to a level beyond my expectations but more surprising was the nutritional knowledge I gained. As a result, I have become a student of the subject. I find myself interested in agriculture, the organic movement, nutrient timing, nutrient density, vitamins, minerals and their fundamental effect on the body."*

*Before the Renegade Diet my health was suspect. My blood pressure, cholesterol, body fat, and stress levels were high. A few months into the program my doctor gave me a clean bill of health! As someone with a family history of obesity, heart disease, hypertension, and other health risks it's imperative I stay on the right path. I can honestly say the Renegade Diet has given me the tools necessary to continue to live a healthy lifestyle.*

*Thanks Jay!"*

—StronbB04 from Renegade Inner Circle Forums

*"I was stuck in the eat six times a day, weight train 2 hours a day and do daily conditioning sessions mindset...then I discovered the Renegade Diet. The Renegade Diet ensures that you eat what you need to eat to build muscle and lose fat, without constantly worrying about the timing of your next meal.*

*With work and family commitments, my time is very limited and over the past few months I have achieved great results by following the Renegade Diet, weight training (with Jason's programs exclusively) 2-4 times per week and doing little to no conditioning."*

**—Alex**

*"The Renegade Diet is indisputably healthy and very easy to adopt. If you're looking for a nutrition plan you can stick with the rest of your life that will always keep you lean and strong-and won't hurt your enjoyment of food-this is the one."*

**—Sean Hyson, C.S.C.S., Group Training Director for Muscle&Fitness and Men's Fitness magazines**

*"I have always loved training but my only problem has been trying to eat 5-6 times a day without feeling miserable. With the Renegade diet I was able to gain muscle, get leaner and also feel much more energized throughout the day and get my love for eating good foods*

*back! As a business owner I can now get a lot more work done than before without having to go to the kitchen every 2,5 hours!"*

**—Etchfit from Renegade Inner Circle Forum**



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# DEDICATION

*To all the members of RenegadeInnerCircle.com for testing out the various inclinations of The Renegade Diet during the 16 months prior to it's official release. This book would have never come to fruition without all the help and feedback from you guys and I sincerely appreciate your continued support and thank you all for being part of my extended family.*



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# INTRODUCTION

**L**et me start by saying that every diet or nutrition plan I've ever designed has been aimed at those interested in extreme physique transformation and the highest level of performance training. I don't do things with the average couch potato in mind. That said, everyone can benefit from The Renegade Diet, but those who are really in tune with their training and eating habits will get the most out of it.

Diet is a four letter word. Most people hate the thought of dieting almost as much as they hate the thought of public speaking. The Renegade Diet will change all that because it's not really a diet at all, but rather a very simple way of eating that goes back to prehistoric times and works with your body's natural chemistry. The Renegade Diet will help correct numerous health and digestive problems you may be experiencing by teaching you to eat the way nature intended, the way we were designed to eat through millions of years of evolution. There is no suffering involved, no extreme discipline required and you even get to eat as much as you want for dinner every night.

Sweet deal, right?

The added bonus is that you will lose fat rapidly and effortlessly, slow down the aging process, naturally optimize your hormone production, improve your digestive and immune system health and end up looking and feeling better than you ever have.

As with any diet there is a brief adaptation period. However, after the first week or two you will experience more energy, mental clarity and focus along with an improved ability to tolerate stress. Many people will notice clearer skin and improved sleep quality as well. One of the biggest benefits to those of you over the age of 35 will be the reduction in inflammation that this diet provides. Joint pain and other issues slowly start to become a thing of the past.

You'll also experience improved recovery times from exercise, less cortisol and estrogen and more testosterone and growth hormone.

I know it sounds too good to be true but stick with me here.

## **Over Two Decades Worth of Experimentation**

Over the last 23 years I have experimented with every single type of diet and training system there is. And nothing... I mean NOTHING has been as life changing or has made as a big of a difference as The Renegade Diet.

I did super high protein and got nowhere.

I did high carbs and got fat.

I did ultra low carbs and got small and weak.

I've done carb cycling, ketogenic diets, cyclic ketogenic diets, rotation diets and everything else you can think of. And I've tested them all out on hundreds, if not thousands of clients over the years.

I've also done the old six meals a day thing for almost two decades. I'm sure many of you have tried the same and have been disappointed with the results, not to mention the inconvenience.

Who has the time or desire to eat (not to mention, prepare) six meals per day? I certainly don't. I did it for nearly two decades and was fed up.

## A More Convenient, Effective Solution

What I always wanted was to find something that worked, that didn't require a ton of time and that, most importantly, gave me some freedom and allowed me to live my life the way I wanted to.

During the day most of us are busy and have very little time or desire to be sitting down to big meals. I'd rather be doing something more productive.

I read The Warrior Diet by Ori Hofmekler for the first time when it was released in 2002 and had an epiphany. It all made so much sense to me that I was sure it would work. Unfortunately, I only gave it a short run and forgot about it because, although I was dropping bodyfat at a faster rate than ever before, I ended up getting weaker and smaller. That's because Ori wasn't as concerned with maximizing muscle mass and optimal performance and physique goals as many of us are.

The Warrior Diet was geared more towards the average male or female who just wanted an easier way of getting in shape than it was for those who train Renegade style and want to optimize performance while developing the shredded physique of a Greek god or goddess. So after a brief run I dismissed it.

Then in 2008, I was headed to LA with my friend, Keith Scott and for some reason decided to bring the book and read it again. This time I was even more intrigued than before. But for the purposes of the goals of most of my clients I would have to make significant changes to Ori's original system. So I started to experiment and play with it over the next few years.

## **The Birth of The Renegade Diet**

I took Ori's original concepts and modified them for people who trained hard and often, for those who wanted to build muscle or just get absolutely shredded while training Renegade style several hours per week. I also had numerous athletes to consider and wanted to figure out a way to make this type of eating work for them.

Finally, I wanted to create the absolute healthiest eating plan I could. When my step dad got sick with pancreatic cancer in the spring of 2009 I immersed myself in functional medicine, life extension and all things health and nutrition related. I wanted to ensure that nothing like that would ever happen to anyone I was close to again. I wanted to give all of my clients so much more than the ability to lose fat and build muscle. I wanted them to experience supreme health, the likes of which most people never come close to.

It's my goal for everyone I work with and all of you reading this book right now to live to 125 years old and be able to train and do whatever you want to do, till the end, disease free.

Years ago I never realized the importance of health. I was only concerned with muscle building, fat loss and improved athletic performance. The reality, however, is that until you maximize your health, and most importantly your digestive health, you will never be able to look your best or perform at the highest level.

Like I said, I've tried every method of dieting imaginable with myself and thousands of clients over the last two decades, and nothing has ever held a candle to the system I'm about to explain to you in full detail. The Renegade Diet isn't just some meal plan or faddish diet. It's an all encompassing lifestyle.

Since 2009 I have used The Renegade Diet successfully with hundreds of clients and members of my online membership site. The results have been nothing short of astounding. Almost without fail people are experiencing:

- Faster fat loss
- Lean muscle gains with less added body-fat
- More energy during the day
- Improved mental focus and clarity
- Better digestion
- Improved immune system functioning

Along the way I have learned from friends and colleagues, far more knowledgeable about nutrition than me, such as Brad Pilon, Robb Wolf, Dr. Chris Mohr, John Meadows, Martin Berkhan (who could be considered the godfather of

intermittent fasting and is most responsible for it's current popularity), Arthur DeVany, Paul Check, Loren Cordain, Chris Ashenden and numerous others, and liberally borrowed their findings and modified them for the goals of my own clients (apologies to anyone I forgot).

As with all of my writings I have tried to keep things very simple throughout so that anyone can easily understand all of the concepts and implement them immediately.

So sit back, forget everything you ever thought you knew about nutrition and get ready to change your life forever.

# THE RENEGADE DIET

## CHAPTER 1

# PROBLEMS WE NEED TO FIX





# CHAPTER 1

**T**he Renegade Diet is designed to optimally manipulate your body's hormonal output more effectively than any other way of eating you have ever tried before.

Most people suffer from all of the same problems when it comes to getting healthy and transforming their bodies. A large number of these problems can be related to your bodyfat being too high. When it comes to addressing a lot of the issues that plague most people the fix can be as simple as losing fat and getting ripped. Someone at 20% bodyfat is almost guaranteed to have high estrogen as well as a host of other problems that would be virtually non-existent at 10% bodyfat.

So the most important thing to remember is that you need to get lean and stay lean first and foremost. That will do more for your health and performance than just about anything else.

**Getting lean will also make it significantly easier to build muscle and get bigger.** That's because when you are lean you have better insulin sensitivity and can tolerate carbs and

overeating a whole lot better. This means that a greater portion of extra calories consumed will be used to build muscle instead of stored as fat.

The problems plaguing most people who have trouble achieving the kind of body they desire are listed on the following pages. I'm sure most of you will recognize some, if not all of them and may be suffering from many of the symptoms.

By following The Renegade Diet and lifestyle plan we can effectively address and correct each of these problems.

## Low Testosterone Levels

For those who don't know, testosterone is the male sex hormone. It's responsible for building muscle, burning fat and making sure your equipment works properly. Females also have testosterone, just in lower amounts than males. That's why they typically have less muscle and more bodyfat.

These days, however, almost everyone has lower testosterone levels than they should; both male and female. This is an epidemic and nothing to be taken lightly. It must be seriously addressed if you want to maximize your performance and get in the best shape of your life. The average male today has a dramatically lower testosterone level than the average male from fifty years ago. Females need testosterone too, that is if they want to stay lean and build muscle. Only, in this day and age, they are also likely to have much less than they should have.

Having high testosterone is a sign of virility, vitality, strength and power. It's what makes you feel like a man. It's what builds muscle and burns fat. If your testosterone is low,

as is the case with most people these days, you will always struggle to get in shape or perform (in more than one way) optimally.

## How to Fix Low Testosterone Levels

- Eat only organic foods.
- Avoid all fake and processed foods.
- Eat raw organic nuts. Almonds are the best.
- Eat an adequate amount of Omega 3 fats.
- Eat healthy, saturated fats like grass fed beef and coconut oil.
- Perform high intensity strength training like weight lifting or sprinting, 3-6 times per week.
- Avoid traditional forms of cardio as they have been shown to increase cortisol and thus lower testosterone.
- Limit your workouts to 45-60 minutes.
- Get 20 minutes of sunlight per day to boost your Vitamin D levels.
- Have sex more often. At least three times per week should be the goal.
- Compete in something.
- Get 8-9 hours of sleep per night.
- Minimize stress.

# High Estrogen Levels

This is the female hormone that increases fat around the chest and hips. Males want this to be low as possible. Unfortunately most men these days have a serious problem with this due to numerous environmental factors, plastics and low food quality. Women need estrogen but not nearly as much as what they are dealing with these days. Our water and food supply is to blame for the early development of females that is so prevalent in recent years. If you want to lose fat optimally you absolutely have to tame estrogen and keep your levels in check.

## How to Fix High Estrogen Levels

- Avoid commercially grown produce. The pesticides used are known to increase estrogen.
- Eat only organic, grass fed meat and wild caught fish. Factory farmed meat and fish contains numerous estrogenic compounds and antibiotics.
- Avoid drinking or eating out of plastic.
- Avoid drinking beer as the hops have been linked with increased estrogen levels.
- Detox your liver. All estrogenic compounds must pass through the liver. If yours is stressed from an unhealthy diet and too much booze you will never be able to rid your system of excess estrogen. That means you will never be able to lose the spare tire or the man boobs.

# High Cortisol Levels

Cortisol is the stress hormone that eats away muscle tissue and increases body fat storage. If you have too much of it, due to excessively high stress levels and not enough sleep, cortisol can also screw with your cognitive abilities, leaving you in a bit of a brain fog and with an impaired memory. In today's high stress world having elevated cortisol levels is about as common as brushing your teeth in the morning. Unless you do something to consciously lower it you will never lose the spare tire and get lean. High cortisol levels can also lead to numerous health issues as well, a lot more serious than a few extra pounds of fat around your waist.

One thing I must make mention of is the fact that intermittent fasting, which is a big part of The Renegade Diet is sometimes not the best idea for those currently dealing with excessively high cortisol levels. Until you bring your cortisol levels back down to normal it's recommended that you start eating a bit earlier in the day. This will be discussed in further detail later in the book.

## How to Fix High Cortisol Levels

- Avoid stress. I know this is easier said than done but a serious effort must be made.
- Limit your workouts to 45-60 minutes.
- Don't do excessive amounts of aerobic exercise.
- Get 8-9 hours of sleep per night.

- Cut gluten out of your diet.
- Surround yourself with positive, happy people. Get rid of the negative deadbeats who bring you down.
- Supplement with transdermal magnesium. This will help you relax and sleep better which can lead to reduced cortisol levels. It also helps improve testosterone levels.
- Meditate daily for 30 minutes per day. This is very important yet most of you will ignore this advice. A great program that can lower your cortisol levels and change your life are the Holosync Meditation CD's <http://jasonferruggia.com/meditationcd>. I listen to them for a half hour every day and have noticed a dramatic reduction in stress levels and improved quality of life.

## Adrenal Fatigue

High cortisol levels and adrenal fatigue go hand in hand. If you have one you probably have the other. Most people are over worked, over stressed, over caffeinated and possibly even over trained (although that's the least likely of the three). The combination of these things is what leads to adrenal fatigue. The adrenal glands control most of what goes on inside your body. When they are fried from too much stress nothing will function properly and you will basically feel like a walking zombie all the time. Getting lean with poorly functioning adrenal glands will also be next to impossible.

# **How to Fix Adrenal Fatigue**

- Get to sleep by 10:30pm every night.
- Get 8-9 hours of sleep per night.
- Cut out the stimulants like caffeine, ephedrine, etc.
- Take 3-6 grams of Vitamin C per day.
- Drink licorice root extract tea.
- Don't train to failure or anywhere close.
- Reduce your stress levels.

## **Poor Insulin Sensitivity**

This simply means that your ability to tolerate carbs is impaired. In other words, carbs will make you fat. If you're healthy, with normal insulin sensitivity you should be able to tolerate a moderate amount of carbs without blowing up into a whale. If you are lean and have excellent insulin sensitivity you will be able to consume a pretty decent amount of carbs without any problem.

Unfortunately most people have horribly bad insulin sensitivity so even as much as a small sweet potato can sometimes seemingly lead to fat gain for them.

## **How to Fix Poor Insulin Sensitivity**

- Lose bodyfat and stay lean. This means a bare minimum of 15% bodyfat for males and 22% for females. Abs should always be at least fairly visible.
- Keep carbs low for 16-20 hours per day. This will help reduce insulin production, making it very difficult to gain fat.
- Eat most of your carbs during the post workout period and/or in the evening.
- Supplement with alpha lipoic acid.

## **Toxic Liver**

No matter how healthy the food is that you eat the fact of the matter is you are still ingesting tons of toxins and other damaging compounds that are found in even organic foods. Whatever passes through your body, be it a piece of fruit or some sunscreen with dangerous chemicals in it, must be processed by the liver. If it is constantly over worked, as is the case with the majority of people, your ability to burn fat and function at the highest level will be seriously compromised.

# How to Fix Detoxify the Liver

- Cut down on the booze, first and foremost.
- Eat only organic foods.
- Fast/ undereat each day for extended time periods to give the liver a break.
- Drink fresh squeezed vegetable juices. (Small amounts of apple and grapefruit juice are allowed as well).
- Eat cruciferous vegetables.
- Eat citrus fruits.
- Drink 1 cup of hot water per day with the juice of an entire lemon squeezed in it.
- Drink fresh pressed organic cranberry juice. Mix ½ cup in 16-24oz of water.
- Use herbs such as milk thistle (Although recent research shows that this may have a negative affect on androgen receptors. Something to keep in mind if gaining maximal muscle is your goal) and spices like tumeric, thyme and oregano.
- Take two grams of NAC per day on an empty stomach.

# **Severe Inflammation**

There are numerous causes of inflammation but probably the biggest is diet. In particular, the consumption of sugar, legumes, corn and all corn based products, pasteurized dairy, soy, and most grains. When you consume those foods every internal organ in the body along with all of your joints can become inflamed. The end result is that your immune system is compromised and your joints feel 10-20 years older than you. By simply eliminating these foods you can instantly reverse joint pain and dramatically improve your ability to recover from training.

## **How to Fix Severe Inflammation**

- Eliminate most grains, sugar, corn, pasteurized dairy, soy and legumes from your diet.
- Give the digestive system a break by fasting and undereating for a prolonged amount of time each day.
- Eliminate or reduce stress.
- Eat healthy fats like grass fed beef and Omega 3 fish oils.
- Take systemic enzymes.  
<http://jasonferruggia.com/systemicenzymes>.  
Use coupon code JASONFE for a 15% discount at checkout.

## **High Acidity in the Blood**

This is related to inflammation and has a similar effect on your performance in that if you are in a highly acidic state it's very difficult to recover from training. This is the primary reason you often hear about MMA fighters following an alkaline diet which is extremely high in greens and eliminates the consumption of sugars, grains and dairy and while minimizing red meat intake. I personally think that grass fed beef is a great food for physique and performance goals so I wouldn't eliminate it. In fact, the fat in grass fed beef can actually decrease inflammation.

The best way to keep your body in an alkaline state is to eliminate or minimize the intake of grains and pasteurized dairy while keeping your intake of green vegetables as high as possible. Roots and tubers (yams, squash, pumpkin, beets) should replace most other starchy carbs such as breads and pastas, although the occasional post workout serving of white or brown rice won't be the end of the world.

## **Poor Digestion**

This may be the single most important factor that is holding you back from achieving your goals. Whatever you want to improve physically, whether it be your ability to lose fat or build muscle, clear up your skin, boost your immune system, improve your memory or just feel significantly better on a daily basis, it all starts with gut health. Gut health is the most overlooked and underrated aspect of overall physical well being. All diseases and problems start in the gut. If you have poor gut health you will never function at 100% or lose fat and build muscle at an efficient rate.

# How to Fix Poor Digestion

- Fast and undereat for 16-20 hours per day in order to give the digestive system a break.
- Don't follow the typical six meals a day bodybuilding style diets.
- Supplement with probiotics.
- Eat probiotic containing fermented foods such as kimchi, raw organic sauerkraut and raw goats milk or kefir.
- Use apple cider vinegar with your meals.
- Eliminate or minimize the consumption of legumes, grains, sugar and pasteurized dairy.
- Chew your food a bare minimum of 50 times before swallowing.
- Don't drink liquids while eating as it dilutes your stomach acids.
- Drink a glass of hot water with lemon 15-20 minutes before eating your main meal to naturally boost your levels of HCL in the gut.

# THE RENEGADE DIET

## CHAPTER 2

# DIETARY MYTHS





# CHAPTER 2

**E**

verything you have been told and thought you knew about nutrition is wrong.

Strong words, I know. But I once bought into all the same lies and myths myself, and suffered with the consequences for years. The list of dietary myths is endless but I'd like to address a few in particular that will have the biggest impact on you reaching your goals as rapidly as possible.

## **Breakfast is the Most Important Meal of the Day**

I'm sorry to tell you this, but mom was wrong. My mom, your mom, everybody's mom. And your doctor; he was wrong too. After an overnight fast your body is in prime fat burning mode first thing in the morning. That's for a few different reasons. One of them is because insulin is very low at this time. When insulin is low you burn fat more effectively. When you eat carbs insulin becomes elevated which means that fat burning comes to a screeching halt. Therefore the last thing you want to do in the morning is sit down to a bowl of oatmeal or cereal.

Cortisol is another important hormone to manipulate by skipping breakfast. In normal individuals cortisol levels peak between 7am and 9am each day. Many people are familiar with cortisol and its role as a catabolic hormone; meaning that if you train too hard, for too long cortisol will increase beyond a healthy level and will start to break down muscle tissue. First thing in the morning, however, cortisol will help break down body-fat by increasing the release of fatty acids to be burned for energy.

Growth hormone levels will also increase during the early morning but only if you keep insulin low by skipping breakfast. Growth hormone, as you probably know, burns fat and builds muscle.

So by “following the rules” and eating breakfast you are actually doing yourself the greatest disservice possible because you are flipping the OFF switch on your body’s fat burning furnace.

Now, some might ask if they could simply remove carbs from their breakfast and have protein and fat instead. Unfortunately, this isn’t a good option either because protein alone can stimulate a small degree of insulin release.

If that wasn’t enough to prevent you from eating breakfast maybe this will be- **you will have far more energy if you don’t eat in the morning.** Upon rising the body will be operating in the sympathetic nervous system after an overnight fast. That’s basically “fight or flight” mode. When you eat a hearty breakfast you take yourself out of sympathetic mode and go into parasympathetic mode. That means you will be groggy and lacking energy which is why so many people need multiple cups of coffee to make it through the first half of the day. By not eating your energy levels and cognitive abilities will be significantly enhanced.

So if you want to be burn far less fat each day and be in a state of mental fog and lethargy all morning I would highly recommend following the mainstream advice and sitting down to a “healthy” breakfast.

If, however, you want several extra hours of enhanced fat burning per day, along with far more energy and mental focus than you have right now, skip breakfast entirely.

## You Must Eat Every 2-3 Hours

I'll start by addressing the old bodybuilding myth that you must eat every 2-3 hours to “stoke the furnace” and keep the metabolism running. This is all nonsense. That's not how we evolved as a species and the body is not designed to eat that often. Back in our hunter-gatherer days we foraged around for food during the day gathering twigs and berries to snack on while in search of a kill. One large meal per day was the norm.

Great warriors of the past such as the Greeks and Trojans would go out to battle all day on very little food and then return at the end of the day to a feast. **This is how we evolved through millions of years.** All of the original bodybuilders and legendary strongman all ate three meals per day. That was the norm from the dawn of time until one day back in the 70's when someone decided that in order to make more money by pushing bodybuilding supplements and protein powders it would now be the normal recommendation to eat six meals per day from that day forward. Nobody could possibly eat six solid food meals per day so of course they would be forced to buy the low quality meal replacement powders being pedaled by the supplement companies.

Eating every few hours wreaks havoc on your digestive system and never allows it a chance to rest. Your body's enzyme pool, which is so vital, gets depleted and is never given the proper chance to replenish itself. You liver gets overwhelmed with toxins and can no longer metabolize fat properly.

So lesson number one is that we need to stop eating so damn often.

## **Infrequent Eating Sends You Into Starvation Mode**

This one is laugh out loud hilarious. Partly because I said it myself about a thousand times during the first 12-15 years of my career in the fitness industry. The reality is that your body is designed to go for long periods of time without food and can function just fine when doing so. You will not lose muscle and start storing body-fat. That is a complete and utter ass backwards myth, again purported by supplement companies and paid off "researchers" all in an attempt to sell you more of their meal replacement powders.

According to studies your metabolic rate is not negatively affected from complete fasting for 60-92 hours! So that means that all that nonsense about going longer than four hours without eating sending you into a catabolic state is complete baloney.

# You Need Ultra High Amounts of Protein to Gain Muscle

This is not true as there have been countless cases of people who have built muscle on fewer grams of protein per day than the daily bodybuilding norm. The better your insulin sensitivity and nutrient assimilation is and the lower your bodyfat the less protein you will need because you will be able to get away with eating more carbohydrates.

Animal protein is a requirement for optimal health and maximizing the ability to build muscle, but too much of it may cause the body to become acidic and thus delay your recovery from training. There has to be a fine line. For most people that is somewhere around 1-1.25 grams of protein per day per pound of lean body mass. That means that if you weigh 200 pounds with 18% body-fat your lean body mass would be 164 pounds. Therefore you would need to consume a minimum of 164 grams of protein per day and a maximum of 205 grams. Although, in truth, most people would be fine at the lower end of that spectrum and might not even need that much.

There is nothing inherently magical about the muscle building effects of protein. Without carbs it will be significantly more difficult (but it is possible) to build muscle, no matter how much protein you eat. Despite what some supplement companies may tell you building muscle isn't as simple as adding more protein to your diet. If it was there would be a lot of ripped, 250 pound guys walking around because all you'd have to do is drink an extra couple of protein shakes per day. I'm sure we've all tried that and have come to the realization that it doesn't work.

In my opinion the bigger benefit of protein is that you can over eat it and also eat it more frequently than carbs with less likelihood of becoming fat. This is very important for those who are trying to gain muscle mass. When you want to gain muscle you need to consume slightly more calories than you burn. You have three choices then when it comes to foods you will over eat. If you over eat carbs or have them too often you will get fatter. You can eat fat all day but an overabundance of it will also lead to increased body-fat. That leaves protein as your best choice. That right there is the simple reason why eating a hefty amount of protein is a good idea.

However, the numbers we select for daily protein requirements will never be anywhere near the normal bodybuilding recommendations simply because that's completely unnecessary. Especially because of the fact that The Renegade Diet makes you much more metabolically efficient, allowing you to do more with less.

## **Skinny Guys Need to Force Feed Carbs All Day to Gain Muscle**

This is a myth although somewhat true... kinda, sorta...

Skinny guys who stay naturally ripped (I mean somewhere between five and ten percent body-fat) do need to eat a lot of carbs to bulk up. There's no way around it. Protein, fat and veggies just won't cut it. These guys need to really load up on the potatoes and rice. But they don't need to eat them all day, nor should they.

Skinny guys who have a high percentage of bodyfat are true hardgainers. In the past I thought that all skinny guys were hardgainers. But the ones who stay ripped are really just

too lazy to eat. They have it easy. They're really more like easy gainers than hardgainers. Being skinny-fat, as so many guys are these days due to high estrogen and cortisol levels is a whole different story which requires a different plan of attack. These particular individuals can not tolerate a lot of carbs; at least when they try the traditional way of eating.

If they're doing the old eat-every-two-hours bodybuilding meal plan and even try going the high carb route they will end up gaining an equal amount of both fat and muscle. That would be the best case scenario, however. The worst case would be that they would gain fat to muscle at a 2:1 ratio, which ends up happening more often than not.

By following The Renegade Diet hardgainers will be able to get away with eating more carbs, thus helping them build more muscle, while maintaining a lower body-fat percentage.

High carb diets are great for building muscle but some people will simply not be able to tolerate that many carbs no matter how their daily eating plan is set up. If that describes you it's not the end of the world. Plenty of people have built tremendous physiques on a moderate carb diet. The benefit is that you will stay very lean while gaining size.

For most people who are under 15% body-fat copious amounts of vegetables, one or two servings of healthy fruit each day along with a few potatoes or a bowl of rice after training will do the trick. I know a ripped 250 pound bodybuilder who consumes no more than 250 grams of carbs on training days and about half of that on off days.

# You Need a Huge Excess of Calories to Build Muscle

This is another old bodybuilding myth which refuses to die. When you look at muscle growth on a cellular level from a realistic viewpoint you will see that it takes place at a painfully slow rate. This is frustrating and unfortunate but it's the sad truth.

Beyond your first two years of training gains will usually come at a snails pace. A gain of one pound of real, solid muscle tissue without any fat gain, per month, would be outstanding progress for someone who has been training properly for more than three years. I know that sounds very minuscule but when you add it up and realize that two years from now you could have an additional twenty four pounds of muscle on your frame you'll see that it's pretty impressive. For validation head over to your local butcher and check out what twenty four pounds of lean steak looks like. Now imagine that spread evenly across your shoulders, arms, chest, back and legs. Not too shabby if you ask me.

And how many people have actually made that kind of progress after their first few years of training? Probably very few. They cycle back and forth between bulking and cutting and usually end up nowhere.

For that simple reason alone you should see why you don't need to be 1000 calories per day over your maintenance intake. If you were gaining muscle at a rate of one pound per month that would come to a half an ounce per day. How many extra calories do you think are required to build an extra half an ounce of muscle per day? Not a lot, I'll tell you that. More than you burn, that much is for sure; but not significantly more than that.

You're probably regretting wasting all that money on extra food and weight gain powders right about now. Don't worry; I've been in the same boat.

For more real world proof of why this myth is so ridiculous let's take a look at prisoners. Whenever you see footage of prisoners working out you always see a lot of jacked guys. I can promise you that these men are not being fed a huge caloric surplus each day. Hardly. In fact, I have discussed this personally with a few prison guards and they said the inmates would be lucky to be getting 2000, low quality calories per day. They grow simply from training and getting stronger. It's nothing more than work-induced-hypertrophy. It should also be noted that the average prison inmate has a higher testosterone level than the average guy on the streets. Which proves what I have always said; that **what people really need is more testosterone, not more calories.** (We'll address how to increase testosterone naturally in just a bit).

Next, let's look at powerlifters who compete in a weight class. There are many lighter guys who eventually, after many years of training, are forced to move up out of the weight class they competed in simply because they can not make weight anymore. The fact that they have gotten so much stronger has led to enough muscle growth that it has forced them out of their weight class even though they were dieting to stay in it. This is proof that **as long as you are getting stronger and doing more work muscle growth can occur, caloric surplus or not** (of course it will happen much faster with a slight caloric surplus).

There are cases of this everywhere you look from the soccer players with big legs, despite never having increased their calories to the manual laborer who gains muscle despite being at a caloric deficit or even maintenance levels just from his daily work load. Eventually the gains stop for the soccer player and the manual laborer, though, because they are no longer following the principle of progressive overload. They make gains at the beginning despite not eating what “should” be required for muscle growth but the gains stop once their bodies have adapted. The only way to induce further muscle growth would be for the soccer players to increase their training volume or even practice with a weighted vest on. The laborer would have to do more work on a daily basis or increase the average load he is lifting. But regardless of that, the initial size gains they make do prove that a caloric surplus is not always a requirement for muscle growth.

Finally, I point to female gymnasts. If you’ve seen them in the Olympics you know that they all possess exceptionally muscular physiques despite the fact that they are... well, teenage girls! That means that they don’t have ultra high testosterone levels nor do they sit down to pro bodybuilder sized meals every 2-3 hours. They probably eat healthier than normal teenage girls but the last thing they are trying to do is gain weight. In this case it’s simply the volume and frequency of training that has stimulated the muscle growth. Case in point yet again, that **loading in the gym is more important than loading in the kitchen.**

# THE RENEGADE DIET

## CHAPTER 3

# THE BASIC PREMISE





# CHAPTER 3

**T**he basic premise of The Renegade Diet is quite simple. You fast for 14-16 hours each day (say, from 9pm at night until 1pm the following day), then you under eat for four hours, consuming no carbs other than vegetables, then you overeat and consume carbs for four hours at night. This follows the natural human cycle of under eating and overeating like we did in hunter-gatherer days.

It could be simplified as eating one main meal per day at night (although you could very easily have two or three during the overfeed period), as that's what it really comes down to for most people who follow the diet, although there are many variations that will be discussed throughout. The version that is ideal for you will be based on your activity level, goals and body-fat percentage.

To simplify it even more we could break it down like this:

- Skip breakfast.
- Start eating 14-16 hours after you finished dinner the night before.
- Eat lightly during the day, consuming only protein, fat and green veggies in small to moderate quantities, while avoiding all fruits and starchy carbs.
- Overeat at night.
- Have all your carbs at the end of the day, which would preferably be right after training.

The great thing about this style of eating is that it works incredibly well for active, busy individuals. Who has the time or desire to eat 5-6 meals per day?

Therefore the diet provides you with an incredible sense of freedom and adds productivity to your day. Without all the time spent preparing and eating food you will have ample amounts of time to do more productive things.

You will also have infinitely more energy during the day because of the fact the diet turns on your sympathetic nervous system, aka “fight or flight mode.” Most people are used to operating in the parasympathetic nervous system and that is why they have such low energy levels throughout the day.

After using The Renegade Diet with hundreds of clients and hearing all of the amazing feedback I can almost guarantee that you will have more energy than ever before. Nearly everyone who has tried it has reported off the charts energy levels and mental focus during the daytime fasting and under eating portions of the diet.

## **The Hormonal Effects of Intermittent Fasting**

### **Growth Hormone**

Most of you have heard of GH (growth hormone) and it's myriad of benefits such as burning fat, building muscle, increasing protein synthesis, boosting the immune system and slowing down the aging process. What you may not know is that fasting and under eating promote an increased growth hormone release.

## **IGF**

IGF (insulin-like growth factor) is another hormone responsible for tissue repair, muscle growth and fat burning. Some of you who follow bodybuilding will recognize IGF because of the fact that so many of the pro's inject it to get absolutely huge and shredded. If you don't want to resort to illegally injecting it the good news is that its production is increased naturally through fasting and under eating.

## **Insulin**

This is arguably the most anabolic hormone in the body, even more so than testosterone. It's known as a storage hormone. The bad news is that one of the things it stores is bodyfat. So while you definitely want a big insulin spike to build muscle you don't want insulin to be present in the blood too often for too long. The best way to manage insulin is to keep carbs low for 16-20 hours per day as you do in The Renegade Diet. Then when you eat at night, especially if the meal follows your workout, you get a huge insulin release which leads to a tremendous anabolic response, helping you build muscle while staying lean at the same time, simply because, in the post workout period it's nearly impossible for the body to store fat.

## **The Mental Aspect-Sacrifice & Reward**

Another great benefit provided by The Renegade Diet is that it makes the act of dieting a lot easier, mentally. If you know that you get to eat a big, satisfying, delicious meal at night, dieting isn't the torture it usually is when you have to suffer for weeks and months on end before you get to enjoy a satisfying meal.

It's very easy to sacrifice during the day, when you're very busy and active, if you know that you get rewarded every night. Fasting and keeping carbs low really isn't that hard when you only have to do it for about 8-12 waking hours per day. Then when the day is over you get to relax with family and friends and eat till your hearts content (with some limitations, of course).

Also, the hunger issues normally associated with dieting seem to be non existent after your first one to two week adaptation period. Nearly everyone has reported this across the board and many have even told me that they could go far longer without eating. Ironically, it's the moderate sized meals every few hours that causes a lot more hunger than intermittent fasting or a few low carb meals, appropriately spaced out.

# THE RENEGADE DIET

## CHAPTER 4

# THE FASTING PHASE





# CHAPTER 4

**I**ne of the main components of The Renegade Diet is the 14-16 hour daily fast. This was not specified in the original Warrior Diet but after much experimentation and research it seems that 16 hours is just about right for the majority of people. Studies have shown maximal fat loss to take place around 18 hours but you may start risking some muscle loss beyond the 16 hour mark and that's simply not worth it. Longer fasts will also make it more difficult to meet your caloric requirements each day as you will have a smaller window in which to eat. Shorter fasts might work better for those trying to gain large amounts of muscle or those with severe adrenal fatigue. Start with 12 hours at first, and then increase it to 14, and finally 16. The only exception here is that if you are trying to gain muscle you might be better off cutting the fast by an hour or two.

During the fasting period you will eat nothing from dinner time the night before until some time the following afternoon or late morning. So if you finish eating dinner by 8pm you would start eating again the next day at around noon. If you finish dinner late, around 10pm, you would then fast until around 2pm the next day. An early 6pm dinner would have

you starting to eat at 10am the following morning. I'm sure you get the point and can do the math.

The daily fast accomplishes a few things. Firstly, it helps replenish your body's enzyme pool. Many functional medicine experts and life extensions have said that when your enzyme pool finally runs out so does your time on the planet. When you constantly over stress the body by eating all day your enzyme pool never gets a chance to replenish itself. This leads to accelerated aging and a weakened immune system.

**The act of eating and digesting is, in itself, very stressful to the body.** No matter how healthy your diet is you are still placing stress on all of your internal organs when you eat. So ideally you want to spend more time per day in the fasted state and less time in the fed state. That is, of course, if you are interested in being healthy, avoiding sickness and disease, reducing inflammation, slowing down the aging process and burning fat like crazy.

Even if you eat the same amount of calories per day but pack them into a smaller window the difference will be dramatic in how you look and feel.

**One thing you will notice while on The Renegade Diet is that your energy levels go through the roof.** Your mental clarity, focus and ability to deal with stress will be at an all time high. That's because fasting flips the switch and puts your body into what's known as sympathetic nervous system mode. This is fight or flight mode when your senses are heightened and you are wide awake and alert. Energy levels will skyrocket during the fast, rather than plummet as so many people would expect. When you eat a large meal, especially one containing carbohydrates, your body switches over to parasympathetic mode and that's when you get tired. Think Thanksgiving.

The next benefit of fasting is increased secretion of both growth hormone (GH) and insulin like growth factor (IGF). Elevated levels of GH and IGF lead to a decrease in bodyfat, an increase in muscle mass and a reduced rate of aging.

As previously mentioned, insulin sensitivity is a major problem for most individuals. By following The Renegade Diet and going 16-20 hours each day without carbs your insulin sensitivity will be markedly improved. This is huge when it comes to losing fat or staying lean while attempting to gain muscle.

In the presence of insulin it is next to impossible for the body to burn fat. With this diet you get 16-20 hours of fat burning per day since insulin will remain low!

**The fasting period also allows the liver to detox.** Each day your liver is forced to work over time as every chemical or foreign compound that enters your body either in the form of food, topical lotion or injection, has to be metabolized in the liver. Even healthy individuals put a strain on their liver if they don't have a fasting period each day. It's just part of the world we live in. When your liver gets continually stressed on a daily basis for years on end it will eventually break down. This, of course, leads to potentially fatal diseases. The good news is that this can be avoided.

Finally, most people suffer from poor digestion and gut health. I firmly believe, and numerous doctors, functional medicine experts and life extensionists agree, **that gut health is the key to EVERYTHING**. You have to improve your gut health, first and foremost, before addressing any other issue you may have going. By incorporating daily fasts and eating the way nature intended you will find that your digestion will improve.

Remember how, as a kid, you could eat burgers, chips, pizza and ice cream all in one sitting and feel fantastic? That's because your gut health hadn't been damaged just yet like it most likely is now... from years of burgers, chips, pizza and ice cream. Daily fasting and undereating during the early afternoon hours will allow you to restore your gut health and digestive powers to their normal capacity.

Finally, be sure to drink a lot of water during the fasting period and throughout the day. Your goal should be to drink half your bodyweight in ounces of water each day. So if you weigh 190 you should be drinking 95 ounces of water each day.

## **Summary of The Fasting Phase**

- Stop eating each night somewhere between 7 and 10pm.
- Upon rising in the morning have nothing but water.
- Continue to drink as much water as possible before the under eating phase begins. Your goal should be to consume half of your bodyweight in ounces of water per day.
- Start eating somewhere between 14 and 16 hours after you finished eating the night before.

# THE RENEGADE DIET

## CHAPTER 5

# THE UNDER EATING PHASE





# CHAPTER 5

**T**o break the daily fast you are going to start by mixing a tablespoon of Athletic Greens in water. This is an awesome, all in one supplement which contains the necessary probiotics and digestive enzymes needed to improve gut health, along with a boatload of mixed fruits and vegetable extracts. It's the ultimate nutritional insurance policy and one supplement I don't allow myself or my clients to go without.

You can get it at: <http://jasonferruggia.com/athleticgreens>

Your first meal will be something light like some soft boiled eggs, raw kefir or yogurt or a protein shake (which you can mix your Athletic Greens in). Limit the total protein intake to 20-35 grams and limit fat intake to 10-15 grams, if your main goal is fat loss and improved digestion. If you are using The Renegade Diet for bulking you have more leeway and can eat some higher fat foods like lean ground beef or even have some bacon with your eggs.

If you are consuming whey protein during the under eating phase limit yourself to about 20-25 grams per shake as more than that will raise insulin levels. This is the last thing you want when you are trying to remain in a fat burning state. To be on the safer side you may even want to stay in the range of 10-15 grams, consumed every three hours or so.

The protein I recommend can be found at:  
<http://www.jasonferruggia.com/whey>

What you do during the rest of the under eating period really depends on your goals. Either way it will last roughly four hours. During this time you are to eat nothing but protein, fat and green vegetables. No starchy carbs are allowed at this time.

For fat loss and a focus on detox and improved digestive health the ideal protein sources during the under eating phase are raw milk, yogurt or kefir, whey protein, eggs, some kind of white fish or poultry. Again, for mass gain, lean red meat and pork can be consumed during this time as long as you limit it to about 25-40 grams of protein per meal and consume no carbs other than green vegetables.

**With eggs it's best to mix up the way you consume them each day to avoid an allergy.** Some days scrambled, some days over easy, some days soft boiled, some days not at all. That will help you avoid any allergic reactions or intolerances to eggs which are very common, even though symptoms are very hard to recognize at first. Also, keep in mind that eggs can raise insulin so you'll want to consume no more than three at a time during the under eating phase. If you want to eat more eggs at one sitting I suggest doing so later in the day, during the overeating phase.

**Fruit should only be consumed at night after your main meal, for dessert.** The only exception would be if you trained in the morning and had a brown spotted banana after your workout to spike insulin levels and help with recovery. Fruit contains fructose which needs to be limited since the liver is the only organ in the body that can process it. Liver glycogen stores fill up very rapidly and once they're full excess fructose will be converted to triglycerides and stored as bodyfat. Brown spotted bananas are the exception because when they get overly ripe the sugar profile of bananas switches from one of predominantly fructose to predominantly glucose. This is exactly the type of sugar you want immediately after training to spike insulin levels. At all other times, most fruit should be avoided.

## **Summary of The Under Eating Phase**

- Break the fast by consuming a tablespoon of Athletic Greens & some light protein.
- For fat loss and improved digestive health, the best sources of protein during the undereating phase are eggs, whey protein, yogurt or kefir from raw milk, white fish or poultry.
- Both eggs and whey can elevate insulin levels so limit their consumption to 10-25 grams of protein per sitting.
- For fat loss and improved digestive health, fat intake should be limited to 10-15 grams per meal and come from easy to digest sources like egg yolks, olive or coconut oil.
- If mass gain is your goal you can consume red meat or pork during the under eating phase but limit total protein to 25-40 grams per sitting and always include green vegetables at each meal.
- You can eat one to three small meals during the undereating phase. If you eat too much you will know instantly because your body will slip into the parasympathetic nervous system and you'll start getting tired.

# THE RENEGADE DIET

## CHAPTER 6

# THE OVER EATING PHASE





# CHAPTER 6

**A**fter you complete your 14-16 hour fast and four hours of under eating it's party time. This is when the fun begins. You now have four hours to overeat, replenish your glycogen stores and boost your leptin levels. Many people may be aware of the fact that leptin levels come down after too much strict dieting which leads to severe metabolic crashes, making further fat loss a serious problem. **By under eating during the day and overeating at night your leptin levels will remain in check and you will be able to lose fat very effectively.**

Ideally you would want to train right before the over eating period begins. That means if you train at 4pm you would start your overeating at 5pm and continue eating until 8pm. Now, obviously this won't be possible for everyone due to scheduling and time constraints but it's the optimal way to do it.

If you have to train early in the morning or afternoon there are modifications which will be presented later in the book.

There are a few reasons why you want to avoid carbs during the day. First of all, eating carbs during the day will take you out of sympathetic nervous system mode as we discussed earlier and flip the switch to parasympathetic nervous system mode. This is the rest, relax, repair mode that we want to enter at night; not during the day when we need to be active and productive.

The second reason to avoid carbs during the day is based on insulin sensitivity. As many experts have reported, the insulin sensitivity in your muscle cells is highest in the morning. But what they forgot to mention was that the insulin sensitivity in your fat cells is also highest at this time. That means your fat cells will suck up all those carbs from cereal and oats like a vacuum cleaner.

When you wait until later in the day to consume carbs, while fasting or undereating throughout, your insulin sensitivity in your muscle cells will improve significantly. And in the meantime you'll be in fat burning mode all day!

The presence of insulin in the blood (from eating carbs) tends to blunt cortisol levels. The natural cycle for cortisol is to be high in the morning and low at night. If you lower your cortisol in the morning by consuming carbs you won't have nearly as much energy and focus as you should. While I already discussed the dangers of too much cortisol, the fact remains that you do need some. Lowering cortisol by consuming carbs in the morning throws your natural hormonal cycle out of whack.

Consuming carbs at night is perfect because this is when cortisol is naturally at its lowest and when you want to start shutting down and relaxing. The night time is when growth and repair takes place. Carbs are for growth and repair and promote relaxation and deeper sleep by optimizing serotonin production.

# What To Eat

If you have just finished training when entering the overeating phase you should consume whey protein and some carbs like a mashed sweet potato or a cup or two of white rice within thirty minutes of finishing your workout. Another option is a brown spotted banana or some type of carb powder like rice, potato starch, dextrose or maltodextrin. Each of these will work equally well. Depending on your body-fat levels and goals you will consume 25-50 grams of protein and 30-100 grams of carbs in this meal.

An hour later you will start your feasting period. Before your largest meal it's recommended to drink a cup of hot water with the juice of an entire organic lemon squeezed into it. This will naturally increase the level of HCL in your stomach and will help improve digestion and assimilation of nutrients.

If you haven't just trained then you should always start your meal with fresh, raw veggies and a huge spinach and mixed greens (no iceberg lettuce) salad with olive oil and apple cider vinegar. No bottled or creamy dressings.

Load up on as many greens as you can and pack your salad full of cucumbers, tomatoes, peppers, carrots, onions and whatever other veggies you want in there. You could even throw in some berries or apples. Top your monstrous salad with 1-2 tablespoons of olive oil (depending on your bodyweight and goals) and apple cider vinegar. It's a good idea to ALWAYS use apple cider vinegar as this has anti-fungal properties and is a great way to naturally increase your stomach acid and improve your digestion. Taking HCL tabs is another way but it's better to start with the apple cider vinegar and see if you really need to do the HCL protocol.

After the salad move on to the protein. Contrary to the old myth many experts used to preach there is no upper limit for how much protein you can digest and assimilate in one sitting. So pile your plate high with organic, grass fed beef or chicken or some wild caught fish. If you choose to eat fish always go lower on the food chain as the bigger fish accumulate more toxic compounds than the smaller fish do. Sardines, anchovies and salmon are recommended here.

Try to shop locally at a farmers market and only buy only organic meat and wild caught fish. Conventionally grown, factory farmed meat is far too dangerous and will only contribute to high estrogen, low testosterone and many other health issues many of us are already dealing with. Factory farmed meat is also loaded with antibiotics which will severely weaken your immune system.

If you don't live near a good farmers market or Whole Foods type store I recommend ordering from US Wellness Meats like I do during the winter.

You can check out their selection at:  
<http://jasonferruggia.com/grasslandbeef>

Once you finish eating your protein you can then move on to the carbs. Even if your goal is fat loss you can and should still have some carbs at this time. **Carbs are needed to fuel high intensity training and for optimal serotonin production.** Without adequate carb intake both your training and your sleep will suffer. If you are above 15% you should limit carbs to no more than 100 grams per day as a general guideline. That will lead to rapid fat loss without any of the negatives associated with ultra low carbs.

After your main meal you still have plenty of time remaining in your four hour window to load up on food so

you can have a second meal of equal proportions or even some type of homemade dessert... IF your goal is mass gain. If your goal is fat loss stick with clean carbs like rice and potatoes in the main meal and don't even consider having dessert more than once a week for a cheat meal.

A few important notes to remember before eating any large solid food meal need to be mentioned here. Firstly, if your gut health isn't quite up to par you might need an extra dose of digestive enzymes (in addition those in your Athletic Greens). These will be taken about 10-15 minutes before eating your largest meal. These are beneficial no matter what type of diet you follow and help improve the absorption of food. Eventually when your digestive system improves you will be able to get by without them but I'd recommend everyone supplement with digestive enzymes for at least the first three months.

The brand I recommend and use can be found at <http://jasonferruggia.com/digeseb> (Use the code JASONFE at checkout for a 15% discount)

It is also important to consume foods with naturally occurring probiotics such as kimchi, organic raw sauerkraut, and raw goats milk, kefir or yogurt.

I'd highly recommend including kimchi or sauerkraut at every dinner. These can both be found at Whole Foods or organic health food stores. If you live in a state where raw milk is available you can add some raw goat's milk or cream to have with your dinner or dessert. If that's not possible, the other option is to get some plain, unsweetened coconut milk kefir.

Finally, to improve digestive health and thus overall health and physique transformation abilities it is very important to

chew your food until it is liquefied before swallowing. By not doing this you open yourself up for a wide variety of health issues. Large, unchewed food particles get stuck in the lining of your stomach or lining of your intestines where they become a breeding ground for fungus and parasites which can eventually lead to disease. So don't just take two chews and swallow, no matter how hungry you are. Fully churn your food up and turn it into baby food before letting it go down the hatch.

## Modifications for Muscle Gain

While I recommend eating salad and veggies first, followed by your protein and then carbs for fat loss and general health, some modifications will be required for mass gain.

Green vegetables are great because they fill you up and limit the amount of carbs you can eat. That's all well and good if you're trying to lose fat but when your goal is to pound down 200-400 grams of carbs this is completely counterproductive. In this case I recommend completely skipping salads and vegetables. You should have already gotten a good amount of greens in during the low carb portion of the day so you don't necessarily need any more at this time. Just get started right away on your protein and carbs and have it with reckless abandon.

An interesting side note here is that limiting fiber consumption at this time may actually help you stay leaner and improve your sleep quality. There are a few reasons for that. Firstly, fiber intake will slow the insulin response and keep your levels up for a longer period of time. Ideally, you want a quick insulin spike that will return to normal a few hours later. In healthy individuals blood glucose levels should return to baseline within 2-3 hours after eating. Having

elevated insulin levels interferes with growth hormone production. Growth hormone production is highest at night and usually peaks a few hours after you have fallen asleep. If you have high insulin levels growth hormone production will not be optimized. This means you won't be burning fat or building muscle at the rate you should be. So by simply removing the fiber from this meal you will not only be able to eat more carbs but you will also shorten the insulin spike, which is precisely what you want. And yes, you can do this for fat loss too. Just be sure to get enough greens in during the day.

Another way to shorten the insulin spike is to eat higher glycemic index carbs and keep fat intake in check. You don't necessarily have to go low fat during this time period but I wouldn't start loading up on dressings and nuts and other high fat sauces and condiments. Get the majority of your fat intake from the protein you are eating and maybe a homemade dessert afterwards.

On a personal note I noticed something not too long ago that made a big difference in my sleep quality. Whenever I ate dinner at home my sleep was never as good as it is on the nights I go out and splurge at one of my favorite restaurants. At home I was always eating a big salad with veggies each night. When I go out to a five star restaurant I never order a salad. Instead I like to load up on the good stuff, which is usually pretty fiber free (sushi, mashed sweet potatoes, etc.). On those nights I always sleep significantly better. It finally dawned on me one day that it was because I was getting a quicker insulin spike due to the lack of fiber and that my insulin was therefore not elevated for as long of a time afterwards. Nowadays, no matter what my goal (fat loss or muscle gain) I always limit the fiber consumption at dinner.

If you're trying to gain a lot of size it's likely that you will have two, equally sized meals in the four hour window. There

are many different ways to do it. You may start with a post workout shake, then another moderately sized meal an hour later and then your biggest meal of the day two hours after that.

Those who are painfully skinny and looking to make extreme mass gains may have to increase the over feeding window to six, seven or even eight hours (eight will be the max) if, after a few weeks on the diet, they find that they aren't able to pack in enough food during the four hour window. In that case they would normally go right from fasting to overeating at the end of the 14-16 hour period. This is only if you don't have the digestive capacity to pack away all the carbs you need in a four hour window at night. Extending the amount of time each day that you are eating carbs and thus producing insulin will make it a bit harder to stay lean so I'd recommend trying to get all the carbs in during the four hour window if possible. Only extend the window if you are absolutely sure, after a few weeks of experimentation, that you need more time to get your required number of carbs and calories in.

## Carb Sources

The best sources of carbs are sweet potatoes, yams, white, red, Russet or Yukon gold potatoes along with beets, squash and pumpkin. The problem with most grains is that they can be inflammatory and acidic. Through millions of years of evolution humans didn't eat grains and as a result were more muscular, healthier and had lower average body fat levels. The Agricultural Revolution brought about the introduction of grains 10,000 years ago. In a species that is millions of years old that's a small amount of time.

That being said....I must tell you that it will be difficult to gain large amounts of muscle without an adequate amount of starchy carbohydrates.

If you get bored of roots and tubers all the time then you can definitely add some rice to your diet. I'd avoid most other types of grains but Jasmine rice, with the bran removed, is a great carb for gaining size and most people have no problems tolerating it. You can also eat rice cakes and brown rice. Next on the list of grains would be buckwheat and quinoa. Oats, rye, barley and all other types of grains should be avoided for the most part.

One other problem with “whole grain” carbs, aside from the fact that they aren’t healthy, is that they are low glycemic index or “slow” carbs. Mainstream media tells you that this one of the big benefits of eating these types of foods. In actuality this is one of the biggest negatives. **The last thing** you want to do is focus on low glycemic, slow carbs because that will keep your insulin levels elevated for too long, thus preventing fat burning and optimal growth hormone production.

# Summary of The Overeating Phase

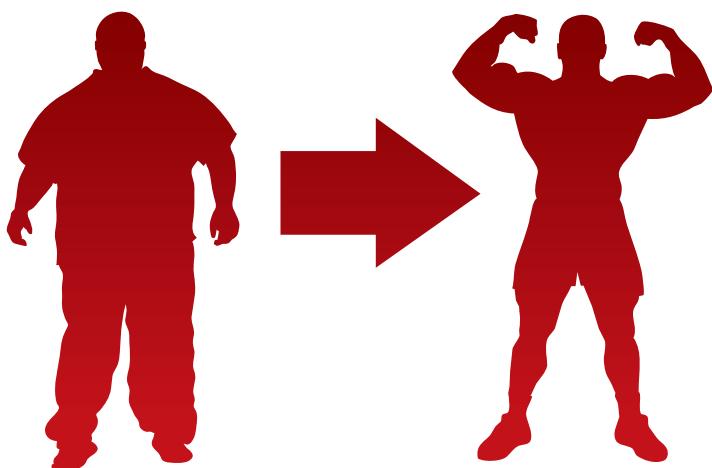
- If possible, it's always best to train right before your largest meal of the day or right before the four hour overfeeding window starts.
- Start your meal with fresh, live greens and veggies, followed by protein, and then finish with carbs.
- Unless your goal is mass gain, in which case you could skip the salad and veggies.
- You will consume 1-3 meals in the overeating phase depending on your goals. For most people one large dinner and an after dinner snack or dessert will be the norm.
- Those looking to make extreme mass gains may extend the overeating phase to 6-8 hours if absolutely necessary.
- Drink hot water with the juice of an entire organic lemon squeezed into it 15-20 minutes before eating.
- Take extra [digestive enzymes](#) before your largest meals.
- Eat probiotic containing foods such as kimchi and organic sauerkraut.
- Chew your food until it's pureed before swallowing.

# THE RENEGADE DIET

## CHAPTER 7

# LOSING FAT & GAINING MUSCLE SIMULTANEOUSLY





# CHAPTER 7

**W**e've all heard it said a thousand times over—“You can't lose fat and build muscle at the same time.”

On a traditional style eating plan that is true. But The Renegade Diet is not a traditional style eating plan. This method of eating actually does make it possible to lose fat and build muscle every single day. You burn fat for up to twenty hours per day during the fasting and low carb periods and you build muscle at night when over eating and resting.

While you won't see visible results from any diet or eating plan on an every day basis, due to hormonal fluctuations, fluid levels, etc., you will notice tremendous progress over the course of each month.

It works so well because when you are fasting, under eating and keeping carbs low for up to twenty hours per day the body is highly thermogenic, meaning you are in a fat burning mode. Digestive stress is minimized, the liver is given a chance to detox and regenerate and insulin production is almost non-existent.

Then, at the end of the day, if you stimulated growth through proper strength training protocols, you get an anabolic response from the large flux of carbs, amino acids and total calories consumed at night.

It's similar to a diet where carbs are lowered for several days followed by a big carb load/refeed in which a person loses fat and then gains a bit of muscle. Or the phenomenon all bodybuilders experience after low carb dieting for a contest for twelve weeks. When they reintroduce carbs and bump their calories back up to normal again after the competition they build muscle rapidly for the next few weeks.

On The Renegade Diet this happens every single day. You deplete carbs/glycogen thereby burning fat and setting yourself up for a huge rebound effect every night when the feasting begins.

Despite what supplement companies may tell you it's impossible to stay in an anabolic state 24 hours per day. It's completely normal and healthy for the body to be in a catabolic state at certain times of the day (the morning and during training) and then rebound into an anabolic state during the post workout or over feeding phase. You need the catabolic phase to in order to get a stronger anabolic rebound effect. It's also worth mentioning that catabolic states don't just affect muscle but also fat cells. If you're never in a catabolic state that means you'll never be breaking down fat cells.

Before we go any further I need to point out that if your body-fat is above 15% for men, and 22% for women you need a fat loss focused plan and are not ready to even think about building muscle just yet. You're fat and need to get lean, first and foremost.

When you're fat you're unhealthy and your insulin sensitivity will be horrible. So forget about eating to build muscle until you get down to under 15% bodyfat. You can still train for size and strength but your diet must be strictly fat loss oriented, meaning starchy carbs should be limited to an average of about 100 grams per day for males and 50-75 for females.

## Caloric Requirements

Before getting into calorie calculations it must be noted that your calories will always be staggered throughout the week. So when we figure out how many calories per day you need that doesn't mean that you will be eating that exact same number every day. It's only the average number you should be hitting over the course of seven days. Training days will have a higher number of calories than rest days. If it's determined that you need 2000 calories per day you may have some days at 1700 and some days as high as 2500. Keep that in mind as the body will adapt to eating the same exact number of calories each day and fat loss or muscle growth will come to a halt.

Those of you who hate doing calculations are in luck because it's not 100% necessary. I'll be honest up front and let you know that the best results will be achieved if you do the math and keep tabs on things but I get completely get it if you don't want to. The Renegade Diet still produces outstanding results as long as you adhere to the basic principles of fasting, under eating, keeping carbs low all day and feasting at night. If you just followed that plan while using some common sense and monitoring the scale, the mirror, how your clothes fit and your progress in the gym you would still make tremendous progress. So if calculations aren't for you don't get overly worried; you'll still be able to achieve about 85-90% of the desired results.

## **Fat Loss**

For fat loss you will take your bodyweight and multiply it by 12 (or 10 for females). That will give you a good starting number. So if you weigh 180 pounds you will be consuming 2160 calories per day. Give this number a few weeks so that you have an idea of what's going on. If you're losing fat at an appreciable rate stick with it. If you're also losing muscle you will need to increase calories by 200-300 per day until the muscle loss stops.

Eventually you will hit a plateau and will need to decrease your daily average caloric intake. So when 2160 stops working cut 200-300 calories per day and stick with that for another several weeks. There is a point of diminishing returns, however, when it comes to cutting calories. At some point adding more activity like sprints will become more effective than cutting calories.

## **Muscle Gain**

For muscle gain you will take your bodyweight and multiply it by 16. So in the example of the 180 pound male you will start with 2880 calories per day. Again, this is just a rough guideline and you will need to assess and adjust in 2-3 weeks based on how fast you are gaining muscle and if you are getting fatter in the process. If you're not making the gains you'd like you will need to bump the calories up by 300 per day until you get where you need to be. On the other hand, if you are gaining too much fat, cut the calories by 300 per day until things are in check.

# **Protein Requirements**

To keep it simple we will set protein at one gram per day per pound of ideal bodyweight. That means that if you weigh 240 but want to weigh 210 then you will eat 210 grams of protein per day. If you weigh 170 and want to weigh 180 you will eat 180 grams of protein per day. Keep it realistic when determining your ideal bodyweight. In other words, don't pick 250 as your ideal weight if you only weigh 155 right now. No more than 10-15 pounds above your current bodyweight for muscle gain and no more than thirty pounds below your current bodyweight for fat loss. There are more confusing calculations and formulas then this but to keep it simple for now and to be safe we'll start with that number. It won't be too far off.

# **Carbohydrate Requirements**

Like any effective diet program carbs will be cycled. That means you will have higher carbs on training days and lower carbs on off days. If you train every day it's best to limit high carb days to 3-4 per week.

Carbs will always be consumed during the last four hours of the day in the over eating phase, regardless of your goal. The only thing that will change based on mass gain versus fat loss is the total amount of carbs. If you train fasted, early in the morning we will make an exception to the rule and allow 25-35 grams of protein post workout along with 25-40 grams of carbs from a brown spotted banana or some maltodextrin, dextrose or rice or potato starch.

If you train in the under eating phase skip carbs post workout and simply have a protein shake. The total daily amount of carbs you consume depends on your weight, goals and body fat percentage.

## **Fat Loss**

If you are 10% bodyfat or below consume .5 grams of carbs per pound of bodyweight on off days and one gram per pound on training days.

If you are between 11 and 15% bodyfat consume .25-.3 grams of carbs on off days and .5-.6 grams of carbs on training days.

And again, if you are above 15% bodyfat your carbohydrate intake will be limited to green vegetables on off days and 50-100 grams of starchy carbs after your workout on training days.

Depending on your bodyweight your carb requirement may be slightly higher than what is listed. Despite what many people believe, your energy levels can be quite high on a very low carb diet. The main thing we use carbs for is to ensure optimal performance when training and, course for muscle growth or the prevention of muscle loss.

Again, remember that the majority of your carbs and calories should always come at night during the four hour over eating window.

## **Muscle Gain**

If you are 10% body-fat or below consume 1-1.25 grams of carbs per pound of bodyweight on off days and 2-3 grams per pound on training days.

If you are between 11 and 15% body-fat consume .8-1 gram of carbs on off days and 1.25-1.5 grams of carbs on training days.

Of course, if you can stay lean by eating more carbs than this, by all means do. **More carbs will lead to more size gains.** Just be sure to keep an eye on your body-fat levels and cut back on the carbs back if you start smoothing out. Some naturally ripped guys may be able to get away with going as high as four grams of carbs per pound of bodyweight. This is something you have to experiment with.

If you are above 15% body-fat carbs should always be limited to green vegetables, one small serving of fruit per day and roughly 100 grams of carbs from potatoes or rice after your workout on training days. On off days starchy carbs should be limited to 50-75 at dinner; so basically a small serving of rice or potatoes at dinner. When you are above 15% bodyfat the goal has to be to get lean as rapidly as possible, WITHOUT sacrificing muscle. Once you have leaned down you can then start on a mass building plan.

## Fat Requirements

Once you have your protein and carbohydrate numbers worked out all you need to do is fill in the rest of your daily caloric requirements with healthy fats. So if you weigh 180 pounds and have determined that you'll be eating 2880 calories per day for mass gain you would need to do some simple math to determine your fat intake.

Let's say you'll be consuming an average of 153 grams of protein per day and 270 grams of carbs. Each gram of protein or carbs contains four calories. So when you add up 153 plus 270 you get 423 and multiply it by 4. That gives you 1692. Now you would subtract 1692 from 2880 to get 1188. That's the amount of calories you can eat from fat each day. Each gram of fat is nine calories so you would simply divide 1188 by 9 to get 132 would be the grams of fat you should be eating per day. Simple enough.

# Post Workout Meals

Ideally you should train immediately before your four hour over eating phase begins. If you can do this you are on the perfect plan. If you can't there will some compromises and adjustments to be made.

For those who train fasted, early in the morning I recommend a post workout feeding of 25-40 grams of protein and 25-40 grams of carbs. Both of those numbers will be based on your bodyweight. Immediately after consuming that meal go right back to low carbs and low to moderate calories for the rest of the day until the feast at night.

If you train during the fasting period in the morning I would strongly recommend drinking a cup of coffee 30-45 minutes before and taking ten grams of branched chain amino acids (BCAA) about 10-15 minutes prior to your workout.

The brand of branched chain aminos I recommend can be found at <http://jasonferruggia.com/bcaa>

Training fasted is outstanding for burning fat and coffee only enhances the thermogenic effect. Skipping it would be doing yourself a disservice.

If you train during the under eating phase I would still recommend ten grams of BCAA and coffee before the workout. Afterwards simply have a 25 gram protein shake and continue low carb eating until the night time over feed begins. The reason for limiting carbs at this point is because it's probably too close to your nightly feast and you don't want to risk having insulin levels elevated for too long. Carbs at this time can also contribute to the mid afternoon energy crash which you want to avoid.

# Fat Loss Sample Meal Plan 1

**Meal 1 (Under Eating Phase)- 12pm:** 25 gram protein shake with Athletic Greens, handful of mixed greens, 1 tbsp coconut oil

**Meal 2 (Under Eating Phase)- 2:30pm:** 3 hard boiled eggs, 1 cup broccoli

**Meal 3 (Over Eating Phase)- 5pm:** Post workout protein shake, 1 baked potato

**Meal 4 (Main Meal)- 7pm:** Huge spinach salad with veggies & apple cider vinegar, kimchi, 10-16 oz steak, chicken or fish, sweet potato

**After Dinner Snack- 7:45pm:** 1 cup mixed berries

# Fat Loss Sample Meal Plan 2—Simpleton

**Meal 1 (Under Eating Phase)- 12pm:** 25 gram protein shake in water, 1-2 cups green veggies, 6gm Omega 3 fish oil

**Meal 2 (Under Eating Phase)- 3:30pm:** Protein shake in water or 3 soft boiled eggs, 10 almonds, mixed greens salad

**Meal 3 (Main Meal)- 7:30 pm:** Huge spinach salad with veggies & apple cider vinegar, sauerkraut, 8-16oz, meat, chicken or fish, sweet 1 potato, 1 cup cherries

# **Muscle Gain Sample Meal Plan 1**

**Meal 1 (Under Eating Phase)- 12pm:** 25 gram protein shake, 1 tbsp Athletic Greens, 6gm Omega 3 fish oil

**Meal 2 (Under Eating Phase)- 2pm:** 3 fried eggs, 1 cup spinach

**Meal 3 (Overeating Phase)- 4:15pm:** 6-10 oz lean ground beef, 2 cups Jasmine rice, 2 cups steamed kale

**Meal 4 (Main Meal)- 6:45pm:** 16 oz grilled chicken breasts, 2 Russet potatoes, 2 cups steamed asparagus

**After Dinner Snack- 7:45 pm:** 1 cup strawberries, 3 sugar free quinoa cookies

# **Muscle Gain Sample Meal Plan 2**

**Meal 1 (Under Eating Phase)- 12pm:** 3 soft boiled eggs, 1 tbsp Athletic Greens, 2 cups mixed greens

**Meal 2 (Under Eating Phase)- 2:45pm:** 25 gram protein shake, 1 cup steamed broccoli, 1 handful cashews

**Meal 3 (Overeating Phase)- 4:45pm:** 6-10 oz lean ground turkey, 2 cups Jasmine rice, 2 cups steamed Swiss chard

**Meal 4 (Main Meal)- 7pm:** 10-16 oz New York strip steak, 2 cups red potatoes, 2 cups summer squash

**After Dinner Snack- 7:45 pm:** 1 slice organic blueberry pie

# THE RENEGADE DIET

## CHAPTER 8

# How To Fix Your Broken Metabolism





# CHAPTER 8

**I**ne thing EVERYONE has to do before starting a fat loss plan is to take an assessment of their metabolism. You can do this by taking your temperature with a digital thermometer in the late afternoon or early evening instead of the morning as most people recommend. That's the optimal time to take it as most people tend to run cold in the morning. Do this for four days straight and come up with the average number.

If you're in the normal range of 98.6 you're fine and have nothing to worry about.

If you're in the 97's your metabolism has been reduced by anywhere from 10-20%.

Below 97 degrees means that your metabolism is in very rough shape and may be reduced by anywhere from 30-50%. This is a major problem.

Unless you are in the 98 degree range you CAN NOT even start to think about dieting for fat loss. Nothing positive will happen if you do. The first step you need to take is to fix your sluggish, dying metabolism. The way to do that is by bumping up your calories by 300-500 above maintenance every day for two to four weeks.

You need to get your body temp back up to normal before you can start any type of recomp or fat loss plan otherwise it will be a dismal failure. I know some of you who want to lose fat will freak about increasing your calories, but it is the only option. There is nothing else you can do.

While you are eating more you will also be burning more so you won't gain weight. In fact, you will probably lose weight. Keep going until the fat loss plateaus and you are in the normal temperature range. At that point you'll need to hold that temperature and caloric intake for another 3-4 weeks. Once you have reestablished a proper daily temperature reading and brought your metabolism back from the dead you can start more of a dedicated fat loss or recomp plan, but not until then. Don't even consider it.

# THE RENEGADE DIET

## CHAPTER 9

# MORE MUSCLE GAIN MODIFICATIONS





# CHAPTER 9

If your immediate goal is to get up to 250 plus pounds and you don't mind gaining a bunch of fat in the process The Renegade Diet might not be for you. In that case you would probably be better off eating as much as possible all day without regard for meal timing or macronutrient profile. Just pound the food down with reckless abandon. You will end up looking like an offensive lineman or a sumo wrestler in a year's time but that's obviously your right and your decision.

If you're like the rest of us, however, and would prefer to gain muscle a little bit slower while remaining lean in the process, The Renegade Diet will work more effectively than anything you've tried before.

As previously mentioned, what makes the process of gaining muscle so frustrating for most people is the fat accumulation that comes along with it. Almost anyone can train hard, eat a ton of food and gain 25-50 pounds of muscle in one year. The problem is that unless you are a genetic freak, you will usually gain an equal amount of bodyfat along with the muscle (if not more fat than muscle).

So you end up a lot bigger and stronger but also a lot fatter. Then you're stuck having to take 16-24 weeks to diet yourself back down to a lean bodyweight. When you follow this old school, "bulking and cutting" approach what happens is that, at the end of twelve months, you'll end up with a gain of an additional 3-5 pounds of muscle, if you're lucky. A lot of the time you end up right back at the exact same size and bodyfat that you started at. AFTER A YEAR OF HARD WORK! Seems like a hell of a lot of effort for very little in return. Plus, every time you allow yourself to get fatter it becomes harder to get lean again in the future.

A smarter approach to building muscle would be to take it a bit slower and only allow for lean gains. You should always make sure your bodyfat is 15% of lower before even thinking about starting a mass building diet. That's because when you're fatter your insulin sensitivity is impaired and it's easier to gain fat. When someone at 20% tries bulking up more than half of the weight he gains will be fat. However, if someone at 8% bodyfat tries bulking up the majority of the weight he gains will be muscle. So always get lean first, and then bulk. It will make the whole process far more effective.

## Add More Calories & “Clean Junk Food”

The first and most obvious change we need to make to The Renegade Diet when trying to gain mass is to crank up the calories during the over feeding window. This will include consuming more protein, carbs and healthy fats. You could and probably, on occasion, even should add in some foods like cheeseburgers and fries if it helps you hit your required caloric intake. When I suggest eating “junk food” please note that I am still referring to clean, organic food sources. That means you should be eating grass fed beef, rolls made from brown rice or potato starch (not wheat) and homemade fries, baked in the oven with nothing but some coconut oil; not smothered in trans-fats and deep fried. Eating that type of crap leads to an early trip to the morgue. **We are simply trying to get in more calories in here and speed up the muscle building process; not force an early death.** If it’s a dessert it should be organic and homemade, not some crap you buy at the local corner store for fifty cents loaded with artificial sweeteners and other cancer causing ingredients.

The Renegade Diet is so effective at cranking up your body’s ability to burn fat that many skinny guys find it difficult to gain weight no matter how much, or what they eat during the nightly feast. Some people have reported eating pizzas, pasta and ice cream and still not being able to gain any weight.

If only we all had such horrible problems. In this case you simply keep eating more and extending the feeding window until you hit the sweet spot.

# **Extend the Over-Eating Period**

As previously mentioned, some people with less than optimal digestive capabilities may need to increase the over eating window to five, six or even eight hours. Follow the basic rules of The Renegade Diet as is but simply start the over feeding period an hour or two earlier. This usually allows most people to pack in the required calories.

In this instance you would still fast for 14-16 hours but would then have only one meal in the under-eating phase and then 2-3 large meals in the over-eating phase.

I'd recommend giving it a two week start by following the basic premise to the letter and then expanding the feeding window when you are sure that you won't be able to get in enough calories during that time period. Start one hour at a time. In other words, extend the over feeding window to five hours and give that a week to test drive. If that doesn't work extend it to six, and so on until you get up to eight hours, which will be the max time allowed for the over eating period.

Most people will be able to fast for 14-16 hours and then eat three large enough meals to gain weight. If you add in a during workout protein and carb drink you should be set.

So in this case, if you extended the over eating window all the way to eight hours you would go from fasting right to eating big. The first half of the day should still be low carbs. The only difference is you will crank up the protein and fat intake, eating higher calories for a longer stretch of time.

# **Muscle Gain Sample Meal Plan- 16 Hour Fast/ 8 Hour Overfeeding Period**

**Meal 1 (Over Eating Phase)- 12pm:** 25 gram protein shake, 1 tbsp Athletic Greens, 3 scrambled eggs w/ spinach cooked in raw butter, 1 tbsp almond butter, 6gm Omega 3 fish oil

**Post Workout- 2:30pm:** 25 grams whey protein mixed in water

**Meal 2 (Overeating Phase)- 4:30pm:** 2 bison patties, 3 cups white rice, 2 cups steamed asparagus

**Meal 3 (Main Meal)- 7pm:** 16 oz grilled salmon, 3 cups red potatoes, 1 cup steamed broccoli

**Dessert- 7:45 pm:** 1 cup berries, 1 slice organic apple pie, sweetened w/ stevia

# Decrease the Fasting Period

The standard recommended daily fasting period is 16 hours. However, ectomorphs looking to gain as much size as possible, who are struggling to get their calories and their weight up, will sometimes need to shorten this to 14 hours. Fourteen hours is the minimum. Don't fast for less than this, if possible. That would mean that if you stopped eating at 9pm you would start again the next morning at 11am. If you can't eat enough calories in 10 hours then building muscle may not be in the cards for you and it may be time to take up a different hobby.

Remember, that more time in the fasting or under fed state is extremely beneficial for you health and also leads to a greater anabolic response during the over eating phase.

As much as we all wish it were possible and no matter how many times supplement companies tell us so, you simply can not be in an anabolic state 24 hours per day. You have to be catabolic at some point. Doing so not only helps you achieve a stronger anabolic rebound effect during the over feeding period but it also helps you lose fat. Most people mistakenly believe that catabolism refers only to muscle tissue but the reality is that catabolic states affect fat cells equally. If you're never in a catabolic state you'll never be breaking down fat cells. So don't fall for they hype and get too worried about going into a catabolic state.

One key point to remember is that you still want relatively small and carb free meals during the first couple hours. Protein and fat should still comprise all of your meals at this time until a bit later in the afternoon. Whey protein with a tablespoon of coconut oil or 3-4 hard boiled eggs would be good choices here for your first meal.

# **Muscle Gain Sample Meal Plan- 14 Hour Fast/ 2 Hour Under Eating Period/ 8 Hour Overfeeding Period**

## **Meal 1 (Over Eating Phase)- 12pm:**

Meal 1 (Under Eating Phase)- 10am: 25 gram protein shake, 1 tbsp Athletic Greens

**Meal 2 (Under Eating Phase)- 1pm:** 8 oz grilled chicken breast, 2 cups steamed asparagus, 6gm Omega 3 fish oil

**Post Workout- 4:30pm:** 50 grams whey protein & 100 grams of carbs from rice starch powder mixed in water

**Meal 3 (Main Meal)- 6:30pm:** 16 oz New York strip steak, 3 cups Yukon gold potatoes



**THE RENEGADE DIET**

**C H A P T E R 1 0**

**MORNING  
TRAINING OPTIONS**





# CHAPTER 10

**T**hroughout the book so far I have discussed why I believe that training later in the afternoon or early in the evening is the best choice for most people. For one you're stronger at that time, there is less chance of injury due to spinal disc fluid settling and higher core temperature, and training later in the day leads perfectly right into the feast. During the two hours after training your body is primed to suck up nutrients and store them in the muscles as glycogen instead of as body-fat. In fact, it's actually nearly impossible to store body-fat during that two hour window, which gives you a little more leeway with your food choices.

For a lot of people training right after work and then going home and feasting won't be much of an issue. Others may have to train in the morning for one reason or another. This is not the end of the world and will not completely ruin the effectiveness of the diet. It's not the ideal time but we can make it work.

If you train during the fasted period you will simply have some black coffee and ten grams of BCAA's about thirty minutes before your workout. The exception here would be those training for maximal fat loss. Because there is evidence that consuming BCAA's can elevate insulin, those interested in the fastest fat loss might be better off eliminating pre workout BCAA's if they are training in the early morning hours. If you are going to train toward the end of your fasting period, a bit later in the morning or early afternoon then I would definitely recommend including them.

When you finish you have two options. If you are training primarily for maximal fat loss you can take ten grams of BCAA immediately after and wait until the under eating phase begins to have some protein and carbs. This will give you the benefits of a longer fasting period which will lead to more fat loss.

If you are training primarily to build muscle you would simply take in 25 grams of whey protein and 30-50 grams of carbs at this time. After that you would go back to low carbs for the rest of the day until the evening over feed begins.

Following are some sample meal plans for those training in the morning.

# **Early Morning Training Sample Meal Plan- Extreme Fat Loss Focus**

**Pre Workout- 6:30am:** 1 cup black coffee

**Post Workout- 8:30am:** 10 grams BCAA

**Post Workout 2- 10am:** 10 grams BCAA

**Meal 1- 12pm:** 3 eggs over easy, 1-2 cups green veggies

**Meal 2- 3:45pm:** 8 oz chicken breast, mixed greens salad w/ 1 tbsp olive oil & apple cider vinegar

**Meal 3- 7pm:** Huge spinach & arugula salad with veggies, olive oil & apple cider vinegar, raw kimchi, 8-16 oz blackened cod, 2 cups red potatoes

# **Early Morning Training Sample Meal Plan- Fat Loss Focus**

**Pre Workout- 6:30am:** 1 cup black coffee, 10 grams BCAA

**Post Workout – 9am:** 25 grams whey protein, 25-40 grams carbs from brown spotted bananas, maltodextrin, dextrose, rice or potato starch

**Meal 1- 12pm:** 3 scrambled eggs, 1-2 cups green veggies

**Meal 2- 3:45pm:** 8 oz grilled rock fish, mixed greens salad w/ 1 tbsp olive oil & apple cider vinegar

**Meal 3- 7pm:** 2 cups sautéed kale w/ garlic, raw kimchi, 8-16 oz braised short ribs, 1.5 cups Jasmine rice

# **Early Morning Training Sample Meal Plan- Muscle Gain**

**Pre Workout- 6:30am:** 1 cup black coffee, 10 grams BCAA

**Post Workout- 8:30am:** 40 grams carb powder, 25-40 grams whey protein mixed in water

**Meal 1 (Under Eating Phase)- 12pm:** 3 eggs, 3 strips bacon, 2 cups green veggies

**Meal 2 (Over Eating Phase)- 4pm:** Mixed greens salad w/ 2 hard boiled eggs & apple cider vinegar, raw sauerkraut, 2 medium sized chicken breasts, 2 medium baked potatoes

**Meal 3 (Over Eating Phase)- 7:30 pm:** 4 sushi rolls, 8 oz salmon, 1 cup rice

In the muscle gain plan it's imperative to get the post workout protein and carbs in immediately after training. That is the major difference. Then, of course, the fact that you will simply add more calories to meals in the over eating period and are allowed some leeway in the form of desserts and other cheat meals like brown rice pasta, pizza, burgers or even desserts.

In the sample diets listed I assumed a workout time of 7am. If you train at 8, 9, 10 or 11 it really doesn't matter; the plan will be the same except for some minor adjustments due to time.

The ideal time for training early in the day is late morning or early afternoon, right at the end of the fast and the beginning of the under eating phase, which may be the over eating phase if you are a skinny hardgainer looking to gain as much size as rapidly as possible.

This gives you the benefits of a longer fasting period along with the fat burning benefits of fasted training and at the same time allows you to follow it right up with a small protein and carb meal. It also ensures that you're awake long enough for your spinal fluid to settle and your core temperature to get up to a safer level, thus increasing your strength and decreasing the risk of injury.

THE RENEGADE DIET

CHAPTER 11

WHAT I  
PERSONALLY DO





# CHAPTER 11

**T**raining and eating are probably my two favorite things to do in life. Because of this I usually train six days per week, often 2-3 times per day. I could also eat myself into obesity in under six months if I gave up all self control. Most of my days include one main workout of 30-45 minutes and one or two shorter sessions which may just be mobility and flexibility work, a high intensity sprint workout or some specific for the hands/grip/wrists/forearms. The shorter workouts usually last about 10-30 minutes.

Because of my schedule it's ideal for me to train around 11am or 12pm each day. Doing this allows me to get the full 16 hour fast and it lets me train in the fasted state, which I prefer. I never feel better during a workout than I do on no food, a small cup of coffee and ten grams of BCAA. The old myth that you need carbs before a workout is just that- a myth. You would only need pre-workout carbs if you were going to perform a very long endurance training session that was going to last several hours. For most Renegade style strength training workouts having carbs before will do very little for you other than possibly mess with your blood sugar levels leading to you feeling tired or even crashing during the middle of the training session.

That's not to say that you don't need carbs to fuel high intensity workouts. You do! But you take in those carbs after your workouts and during the over feed periods at night. That refills glycogen levels and helps you prepare for the next days workout. Unless you wake up and go fight dragons for four hours or compete in a triathlon your glycogen stores will remain close to full until the workout. Ingesting carbs before would simply dampen the CNS response and make you feel less awake and energized than you should.

Now, even though I train six days per week that doesn't mean I have six high carb days. Instead, I crank up the carbs a bit higher on 3-4 days per week and keep them at a more moderate level on the other days.

Also, note that I normally only like consuming food in any form three times per day, so I have my one post workout feeding and two other meals. Although sometimes I will have dessert at night, this usually comes five minutes after dinner so I count it as one feeding.

Although I spent many years of my life weighing 225 pounds or above, I normally hover in the range of 200 pounds these days simply because I feel much better at that weight and it places less stress on my joints. So to reach my minimum protein requirements for the day of 160 grams I consume 25-40 grams in meals 1 & 2 and around 80-120 grams in my main meal at night. Occasionally I will have a fourth feeding but three is the standard.

For carbs I have 30 grams after training and then nothing but protein, veggies for the rest of the day until the feast begins. On higher carb days I will usually have close to 150-250 grams of carbs at night. If I was really trying to gain as much size as possible, and wasn't concerned with a small amount of additional fat gain, I'd bump up the carbs slightly

higher but would rarely go above 350 grams. For me, at my age, with my metabolism, anything above that will start to lead to fat gain. Younger guys with lightning fast metabolisms who are looking to gain upwards of 30-50 pounds could easily go as high as 2.5-4 grams of carbs per pound of bodyweight. On lower carb days I will have the same post workout shake but will reduce the carbs in my nightly meal down to 80-100 grams.

For 35 plus years of my life I never drank coffee but have somehow become obsessed with it recently. It's not that I need the caffeine because my energy levels are through the roof due to this diet. I just enjoy the taste of it, the act of it and the social aspects and just the whole deal. I also like how it makes me feel before training and the fact that it gives a very nice boost to the fat burning effects of fasting and undereating (especially when no carbs are present). It's also been claimed that consuming caffeine before training enhances the rate at which the body replenishes glycogen in the post workout period.

# Sample High Carb Meal Plan

**Pre Workout- 10:30am:** 1 cup black coffee

**Pre Workout (Fasting Phase)- 10:45am:** 10 grams BCAA

**Post Workout (Under Eating Phase)- 12:30pm:** 1 tbsp Athletic Greens, 35-50 grams whey protein, 30-40 grams carbs from powdered source or brown spotted banana

**Meal 2 (Over Eating Phase) 4:15pm:** 5 eggs, 1 cup raw green veggies, 2 cups red potatoes

**Meal 3 (Main Meal)- 7pm:** Huge mixed greens salad w/ apple cider vinegar (I always have this 15-20 minutes before I start eating protein or carbs as I find that it helps my digestion and causes less bloating, as discussed in a previous chapter), raw kimchi, 4 oz raw cheese, 16 oz New York strip steak, 3 cups Jasmine rice, 1 cup mixed berries

# Sample Low Carb Meal Plan

**Pre Workout- 10:30am:** 1 cup black coffee

**Pre Workout (Fasting Phase)- 10:45am:** 10 grams BCAA

**Post Workout (Under Eating Phase)- 12pm:** 25 grams whey protein, 30 grams of carbs from potato or rice starch or a brown spotted banana

**Meal 2 (Under Eating Phase) 3:30pm:** 8oz chicken breast, 1 cup raw veggies, 1 tbsp coconut butter

**Meal 3 (Main Meal)- 7pm:** Huge mixed greens salad w/ apple cider vinegar, raw sauerkraut, ½ pound of shrimp, 12 oz rock fish, 1 sweet potato



# THE RENEGADE DIET

## CHAPTER 12

# SUPPLEMENTS





# CHAPTER 12

**F**or the purists and minimalists who would rather skip supplements let me say that I understand where you are coming from and can totally relate; however, your progress can be maximized by adding just a few basic supplements to your daily routine. In this section I'll give a brief description of those difference makers.

## Athletic Greens

This is a great supplement to take in order to cover all your bases since very few people eat enough fruits and vegetables. This will take care of your need for a multi vitamin, and even more importantly- digestive enzymes and probiotics (although most people will require extra digestive enzymes for the first few months to ensure that their digestion is optimized). Athletic Greens is basically an insurance policy to protect against any nutritional deficiencies.

You can get Athletic Greens here:  
<http://jasonferruggia.com/athleticgreens>

## **Omega 3 Fish Oils**

These are known as essential fatty acids. The body can not produce them on it's own but needs them to function optimally. By now most people have heard about the myriad of benefits fish oil provides such as enhanced fat burning and muscle building, improved blood lipid profiles and reduced inflammation so I won't rehash all of them here. Let's just say that it's an absolute must have, irreplaceable supplement, regardless of your goals. I recommend 6-9 grams per day.

To figure out the total amount of fish oil simply add the DHA and the EPA, which will be listed in milligrams. Convert it to grams and then you will know how much to take per day.

When taking fish oil it is of the utmost importance to use only the highest quality, pharmaceutical grade stuff you can get your hands on.

The fish oil I recommend can be found here:  
<http://jasonferruggia.com/fishoil>

## **Vitamin D**

This is required for optimal hormone production. If you live in sunny climates get outside for 20-30 minutes per day, with as much exposed skin as possible, sans sunscreen, and your Vitamin D needs will be covered. If you're not that lucky, take 4000-5000 iu per day.

The Vitamin D I recommend can be found here:  
<http://jasonferruggia.com/vitamind>

## **Transdermal Magnesium**

The benefits of magnesium are nearly endless. Some of them include:

- Improved energy production
- Reduced cholesterol levels
- Enhanced protein synthesis
- Improved ability to deal with stress
- Enhanced ability to relax
- Improved sleep quality
- Higher testosterone levels
- Reduced joint pain

The problem with most magnesium supplements is that they aren't absorbed optimally. To get the most out of magnesium and truly experience all of its incredible benefits you need to put it on your skin. This is one supplement I can't live without and one that really makes a difference. Those under 150 pounds can use 20-25 sprays per day. Those above 200 pounds should use 30-45 sprays per day on clean skin.

You can get the transdermal magnesium I recommend at:  
<http://jasonferruggia.com/transdermalmag>

## **Grass Fed Whey Protein**

This is a great supplement for convenience and for improving recovery post workout. Most protein powders sold in supplement stores are of the lowest quality imaginable. They come from sick cows pumped full of antibiotics that have been fed grains treated with pesticides. I would avoid most whey proteins you see in the supplement store at all costs and instead stick with only the highest quality stuff.

The whey protein I recommend can be found at:  
<http://jasonferruggia.com/whey>

## **Branched Chain Amino Acids**

When taken before training branched chain amino acids prevent protein breakdown (muscle loss) during the workout and allow for an increased anabolic response.

The BCAA supplement I recommend can be found at:

<http://jasonferruggia.com/bcaa>

**THE RENEGADE DIET**

**C H A P T E R   1 3**

**12 STEP QUICK  
START GUIDE**





# CHAPTER 13

I've included this section for those who want to skip ahead and get started immediately. You should still read the entire book so you have a better understanding of what you're doing and why but this section will allow you to jump in to The Renegade Diet without any delay.

Before getting started take your temperature in the mid to late afternoon for three days in a row to get an average number. If it's below 98.1 you will need to first fix your broken metabolism by eating 300-500 calories above maintenance for a few weeks until it returns to normal and stays there for a few weeks. After that you can get started on The Renegade Diet. If your metabolism is in the normal range you can start today by adhering to the following checklist:

# 12 Step Quick Start Guide

- 1) Skip breakfast.
- 2) Drink coffee and water during the early morning.
- 3) Start eating 14-16 hours after you finished dinner the night before.
- 4) Eat 20-35 grams of protein, 10-15 grams of fat and green vegetables only for the next four hours. No starchy carbs or fruit is allowed.
- 5) You can have one, two or three meals during this four hour under eating window.
- 6) Train in the late afternoon and then immediately start eating higher calories and carbs afterwards and for the next four hours.
- 7) You can have one, two or three meals during the four hour over eating window.
- 8) Stop eating 2-3 hours before bed time.
- 9) Set protein at 1 gram per pound of desired bodyweight per day, regardless of goals.
- 10) For fat loss set calories at  $12 \times$  bodyweight and carbs at .3-1 gram per pound of bodyweight.
- 11) For muscle gain set calories at  $16 \times$  bodyweight and carbs at 1-4 grams per pound of bodyweight.
- 12) Fill in the rest of your daily caloric allotment with healthy fats, although if you are eating a lot of carbs during your main meal at night don't go overboard and keep the fat content at a low to moderate level.

**THE RENEGADE DIET**

**C H A P T E R 1 4**

**RENEGADE DIET  
RULES**





# CHAPTER 14

In this section I have included a simple list of rules that you need to adhere to every day in order to make The Renegade Diet work as effectively as possible.

- If a caveman couldn't eat it you can't eat it. In other words, if you can't kill it, pick it or grow it you should avoid it.
- Avoid all foods that come in a box or a bag.
- Eat only real, whole, organic foods.
- Seafood must be wild caught, never farm raised.
- Chicken and eggs must be organic & free roaming.
- Shop for fresh food every four days.
- Avoid processed foods, fake foods, food additives and agricultural chemicals at all costs.
- Limit caffeine consumption to one or two cups of coffee per day.

- Drink half your bodyweight in ounces of water per day.
- The only oils acceptable for cooking are red palm, macadamia nut and coconut oil.
- Have carbs on training days and none (other than vegetables and one serving of fruit) on off days.
- Limit fruit consumption to 1-2 servings per day.
- Don't use microwaves.
- Don't over cook food as this destroys essential nutrients.
- Limit alcohol consumption to once per week, max. Vodka and club soda with a lime is the only drink allowed.
- Limit consumption of inflammatory foods- corn (or corn based products), dairy (except for eggs and organic whey protein), wheat, white flour, fried foods, trans fats, soy, sugar. Legumes are also inflammatory but may be eaten occasionally in moderate amounts.
- Use nuts and seeds the same way you would use condiments- in very limited quantities.
- Eat one gram of protein per pound of desired bodyweight per day.
- Rotate foods. Don't eat the exact same thing on a daily basis.

- Use sea salt only and feel free to use it liberally with meals. Sodium restriction usually leads to sodium/water retention and bloating.
- Eat as many green vegetables as possible.
- Change the way you cook eggs (over easy, scrambled, hard boiled, etc.) and skip eating them one day per week.
- Break your fast with Athletic Greens each day.
- 30 minutes before your main meal at night or first meal of the over eating window drink 1 cup of hot water with the juice of an entire small lemon squeezed into it. This will improve digestion and help detox the liver, which is critically important for fat loss.
- Add  $\frac{1}{2}$  cup of real fresh pressed cranberry juice to a 16-24oz bottle of water and drink it during the over eating period. This also helps detox the liver and kidneys which is essential for fat loss.
- Don't drink with meals. This dilutes stomach acid and disrupts the digestive process.
- Get most of your fat intake from animal protein- grass fed beef, salmon, egg yolks, etc. Don't cook excessively with or load up on oils, nuts and other sources of fat.
- When having a large amount of carbs at night try to keep your fat intake in check and as low as possible since you don't want to have elevated levels of fatty acids and insulin in the blood at the same time. This can screw up your sleep pattern and have numerous negative effects.



# THE RENEGADE DIET

## CHAPTER 15

# SHOPPING LIST





# CHAPTER 15

## Protein

- Cage Free Eggs
- Cartons of Egg Whites
- Lean Ground Turkey
- Skinless Chicken Breasts or Tenders
- Lean Ground Beef
- Lean Ground Bison
- Grass Fed Steaks
- Pork Chops
- Venison or Other Wild Game Meats
- Wild Caught Salmon
- Wild Caught Tilapia, Orange Roughy, Catfish, Trout, Rockfish, or Cod
- Wild Caught Shrimp
- Wild Caught Scallops
- Mackerel
- Herring Filets
- Sardines
- Whey Protein Powder

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## Carbohydrates

- Broccoli
- Broccoli Rabe
- Cauliflower
- Kale
- Spinach
- Mixed Greens
- Arugala
- Romaine Lettuce
- Tomatoes
- Avocados
- Brussel Sprouts
- Asparagus
- Bok Choy
- Collard Greens
- Green Beans
- Onions
- Bell Peppers
- Squash (for workout days)
- Swiss Chard
- Sea Vegetables
- Kimchi
- Raw Fermented Sauerkraut
- Olives
- Garlic Cloves

## **Carbohydrates cont.**

- Sweet Potatoes/ Yams
- Yukon Gold Potatoes
- Red Potatoes
- Russet Potatoes
- Waxy Purple Potatoes
- Jasmine Rice
- Sticky Rice
- Sushi Rice
- Basmati Rice
- Brown Rice
- Rice cakes
- Quinoa
- Buckwheat
- Pumpkin
- Squash
- Beets
- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Cherries
- Lemons
- Fresh Pressed Cranberry Juice

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## **Fats**

- Coconut Oil
- Macadamia Nut Oil
- Extra Virgin Olive Oil
- Grass Fed, Raw Butter or Ghee
- Almond Butter
- Cashew Butter
- Hazelnut Butter

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## **Herbs/ Spices/ Condiments**

- Cinnamon
- Cloves
- Cumin
- Oregano
- Garlic
- Cayenne Pepper
- Sea Salt
- Rosemary
- Sage
- Thyme
- Tumeric
- Mustard
- Apple Cider Vinegar
- Organic Salsa

**THE RENEGADE DIET**

**C H A P T E R   1 6**

# **TRAINING CONSIDERATIONS**





# CHAPTER 16

**S**ince I have numerous other books, programs and resources that delve deeply into this topic we will not cover it at great lengths here. But I will cover some of the basic essentials. Without proper training a diet is only half as effective as it could be for losing fat and, obviously, useless for building muscle. I'd hate for you to screw up The Renegade Diet with a piss poor training routine.

Remember, a major consideration in determining your long term results is how well you naturally manipulate hormone levels. Training has to be designed with this in mind. The wrong type of training can decrease testosterone levels and elevate cortisol. That's obviously the last thing you want.

Strength training should be done three to six times per week for 30-60 minutes. These should be high intensity sessions and should consist of compound, multi-joint exercises like:

- Squats
- Deadlifts
- Loaded carries
- Chin ups
- Pushups
- Dips
- Standing presses
- Rows

Using adequate resistance is absolutely crucial. High reps with light weights is essentially cardio training and will do very little to build muscle or burn fat. Don't get suckered into the nonsense you see on TV or in mainstream magazines. The leanest, most muscular people in the world do not train like that.

Reps should be in the range of 3-10, on average. Use enough resistance so that you can complete the required number of reps but not too many more. Always finish each set with picture perfect form, good rep speed and the ability to do at least one or two more perfect reps. Strive to add weight and get stronger over time.

You can pick 3-6 exercises and train the entire body in one session or you could split up the upper and lower body into two separate workouts. Both options can be very effective; however, beginners and females should stick with full body training sessions.

High intensity conditioning methods like sprinting, sled dragging/pushing, kettlebell swings/snatches and sledgehammer work should be included in place of traditional cardio methods. This type of training will optimize hormone production for lean muscle gains and rapid fat loss.

Traditional cardiovascular training that has you pounding away on a stationary bike or stairclimber at a moderate intensity for 30-45 minutes will increase cortisol levels, possibly making you fatter or causing you to lose muscle mass. It also interferes with strength gains and is quite simply, not that effective when it comes to fat loss.

The body is not designed for repetitive, steady state exercise, but rather short burst activities followed by a brief rest period, such as interval sprinting.

Choose some type of high intensity conditioning method and hit it hard and fast for 15-30 minutes, 2-4 times per week. This can be done immediately after a resistance training session or alone on an off day as a separate workout.

At the opposite end of the spectrum is very low intensity cardio; in other words- walking. In hunter-gatherer days we walked several miles each day and then occasionally broke into a sprint when tracking down our dinner or escaping the attack of some sort of wild beast.

In most traditional methods of cardio the resistance and intensity isn't quite high enough to really burn fat effectively and force positive hormonal changes, but it is high enough to cause increased cortisol production and muscle loss.

Walking at a fast pace does not have the same negative effect so you can do it seven mornings per week if you want and all it will do is help you burn a bit more fat while not sacrificing and muscular size or strength.

That being said, the truth is that low intensity cardio does not provide much bang for your buck. You'll need to put in a bare minimum of 30-45 minutes four times per week in order to notice a significant difference. However, if you've already got your diet in check, strength training and high intensity conditioning covered, adding in some low intensity cardio could be the icing on the cake and help burn an extra bit of bodyfat per week that might hold onto otherwise. This type of cardio is especially effective for males carrying a lot of muscle mass or nearing low single digit bodyfat levels. When you are under 10% body-fat and your carbs are low there is a greater risk of muscle loss when performing high intensity drills so daily walks become a more important part of the puzzle. If you are a skinny-fat guy who only weighs 160 pounds walking won't do that much for you, unfortunately.

For more information on strength training and high intensity conditioning please visit my blog at  
<http://www.JasonFerruggia.com/>

# THE RENEGADE DIET

## CHAPTER 17

# QUESTIONS & ANSWERS





# CHAPTER 17

## Question: Why can I only eat 1-2 servings of fruit per day?

Answer: Because aside from glucose and sucrose fruit also contains fructose which can only be metabolized by the liver. Unfortunately liver glycogen stores are topped off rather quickly and easily. Once they are full all excess fructose that is consumed will be converted to triglycerides and stored as body fat. When our caveman ancestors roamed the earth fruit was seasonal and nowhere near as sweet as it is today. Because of this it was difficult to consume a lot of fructose. That's not the case today, however, which is why you have to consciously limit your fruit intake. One or two servings of fruit per day will provide health benefits without causing you to gain fat. However, if fat loss is your main goal I would consider eliminating fruit all together for a few months. The only exception would be a brown spotted banana after your workout.

Even worse than fruit are concentrated sources of fructose like agave nectar, honey, high fructose corn syrup, dried fruit, fruit juices and a table sugar (a combination of fructose and glucose).

## **Question: Do green vegetables count towards my daily carb totals?**

Answer: No, you can eat an unlimited amount of green veggies each day; the more the better. Green vegetables are an outstanding source of fiber and essential nutrients and also slow down the potential insulin response of a meal. Green vegetables also help to keep your body from becoming too acidic, which is a possibility if you are consuming a lot of animal protein. As long as you balance your consumption of animal protein out with an adequate supply of greens this won't be of any concern.

## **Question: Why do you recommend brown spotted bananas?**

Answer: Something very interesting happens when bananas start to get over ripe; the sugar profile changes and they become predominantly glucose instead of fructose. This makes them a perfect choice for a post workout insulin boosting carbohydrate.

## **Question: Why is dairy so bad?**

Answer: Not all dairy is bad but most forms or pasteurized milk, yogurt or cheese will be problematic for the majority of people. Beyond the first few years of your life your ability to process and digest lactose (the sugar in milk) is dramatically reduced. That's because, as Arnold said, "Milk is for babies."

Pasteurized dairy can cause excess mucus production, inflammation and lead to upper respiratory problems. I've known several people personally who gave up dairy and were instantly cured of either asthma or arthritis. If you don't believe me and suffer from any of these symptoms give it a try yourself.

Now, if you live in a state where it's legal to get raw dairy then it's a whole different ball game. Raw dairy does not cause the same health problems as pasteurized dairy. That's because the pasteurization process kills and removes the enzymes in the milk which we need to digest it. In this case you can definitely give dairy a shot and may be pleasantly surprised.

**Question: I'm having a tough time with the fasting in the morning because I'm starving. I know coffee would curb my appetite and help this but I don't want to use any caffeine or stimulants. What should I do?**

Answer: Drink decaf. This will curb your appetite just as effectively as regular coffee.

## **Question: How can I do this diet as a vegetarian?**

Answer: Exactly the same as those who eat meat. You will still fast and keep your carbs low during the day and then over eat at night. The only difference is that your protein choices at night will be limited to eggs, fish and soy products.

## **Question: How can I do this diet as a vegan?**

Answer: Unfortunately, any type of performance diet will be very hard for vegans to follow and you will have to eat more carbs at the wrong times in most cases. The only real option is to drink protein shakes throughout the under eating phase. Follow the same principles but use Sun Warrior protein instead of whey during the day, maybe have some tofu based protein products and then feast at night. You can get Sun Warrior vegan protein at <http://jasonferruggia.com/sunwarrior>

## **Question: How do I cycle carbs if I train every day?**

Answer: I train every day also and usually do 2-3 high carb days, 2-3 medium carb days and 1-3 low carb days. This is what I recommend for most people regardless of how many days they train.

## **Question: Can I eat flax seed oil?**

Answer: No. Flax oil contains phytoestrogens and your body must go through a complex process, which is highly inefficient, to convert flax oil to EPA/DHA. It's not worth it when there are far superior choices of Omega 3's. Most seeds in general are not the best dietary choices and should be limited.

## **Question: Can I use artificial sweeteners?**

Answer: Stevia is a natural alternative that is the only one I would recommend.

## **Question: How much coffee can I drink per day?**

Answer: Caffeine increases cortisol levels but as long as the timing is right this is a good thing. That's because elevated cortisol levels free up fatty acids to be burned. So, because of that a number of other reasons, caffeine helps you burn fat and get leaner. However, if you are chronically over stimulated by drinking a dozen cups of coffee per day your adrenal glands will take a beating and cortisol levels will permanently be much higher than normal. This leads to a loss of muscle and an accumulation of body fat, especially in the abdominal region. For these reasons I would limit coffee consumption to 1-2 cups per day in the morning and/or before training.

## **Question: Can I have a tablespoon of heavy cream in my morning coffee?**

Answer: Black is best but one tablespoon of heavy whipping cream is okay. Since I dislike and don't recommend dairy unless it's raw, I recommend full fat, organic coconut milk instead, which is a healthy source of MCT's (medium chain triglycerides).

## **Question: How low can I drop my fat intake?**

Answer: Low fat diets are so 1980's. Unfortunately some fitness professionals are still promoting them, but at this point most people should be aware that it's not wise to drop your fat intake below 20% of your total caloric intake if you are interested in natural hormone optimization and looking and feeling your best. Many people will do better with 30% of their total calories coming from healthy fat sources such as cage free egg yolks, fish oil, grass fed beef and coconut oil.

## **Question: What oils are safe to cook with?**

Answer: Coconut oil, red palm oil and macadamia nut oil. They are all very heat stable and have a high smoking point. Any other oils are unsafe for cooking. And, yes, that includes olive oil. Most of your fat intake should come from animal sources. Use all other sources of fats such as oils and nuts in very limited amounts.

## **Question: Is glutamine a worthwhile supplement?**

Answer: Glutamine never panned out as a muscle building compound like the bodybuilding magazines claimed but it actually does have another lesser known benefit. Glutamine is quite effective at repairing intestinal health. If you have serious digestive issues take 20 grams, four times per day for five days followed by a maintenance dose of 5-10 grams, twice per day on an empty stomach. When I was suffering from severe digestion problems this is one of the things that helped.

## **Question: How often can I or should I have a big cheat meal?**

Answer: The beauty of The Renegade Diet is you get to eat till your hearts content every night of the week so there never really feels like a great deal of restriction or suffering is involved. Of course, not everyone can eat pizza and bacon double cheeseburgers every night and expect to stay lean. Most of us will have to make pretty healthy, clean food choices like grass fed steaks and steamed veggies with sweet potatoes. But you can definitely have a cheat meal of whatever you desire 1-2 times per week, depending on your goals. Even if you are dieting for extreme fat loss you should have a big cheat meal once per week where you really increase the calories by a huge number simply because this will boost leptin levels, keep your thyroid from shutting down and help you continue to lose more fat instead of hitting a frustrating plateau.

## **Question: If I stay ripped naturally and my goal is to gain 20 pounds of muscle can I eat pizza, pasta and ice cream every night?**

Answer: First of all, I hate you and am extremely jealous. Secondly, yes you can. It won't be the healthiest thing in the world to do but it will help you pack in more calories a heck of a lot easier. Some naturally skinny guys will find it impossible to gain muscle without eating some junk food on a daily basis. A few months or even a year of less than supremely healthy clean eating won't kill you but it will help you hit your goals a lot faster and easier. Just make sure that your junk food comes from clean, organic sources. In other words eat homemade pies instead of store bought ones packed with artificial ingredients and make your own burgers and fries from grass fed beef and organic potatoes baked in the oven with coconut oil.

## **Question: Why is whey protein limited to 25 grams per serving?**

Answer: Because too much whey protein can increase insulin production, which you don't want during the low carb/ fat burning phases. Once insulin secretion begins fat burning stops. 25 grams is the upper end limit, to be safer you might even lower it to 10-15 grams per serving.

## **Question: Can I go straight Paleo on The Renegade Diet?**

Answer: Absolutely. I'm a big fan of the Paleo diet and believe that if everyone followed it obesity and related diseases would be nonexistent. Most of the food choices are Paleo approved. The one thing to remember is that high intensity training requires glucose so therefore you can't bring your carb intake too low or your workouts may suffer and you'll risk losing muscle. If you make smart Paleo choices and eat adequate amounts of sweet potatoes, pumpkin and squash you should be fine. I agree with the Paleo line of thinking that most grains should be avoided. I do make an exception, however, and allow those looking to build muscle to eat some rice. It's the least offensive grain. Some occasional buckwheat and quinoa might be tolerated by certain individuals as well.

## **Question: How much fat can I lose in one week?**

Answer: Without losing muscle or wrecking your metabolism the absolute most fat you can lose in a week is two pounds. There are exceptions to this rule, such as if you are more than 100 pounds overweight. People with a large amount of weight to lose can lose three pounds for the first few weeks. Most average people who have 10-50 pounds to lose will be looking at an average of two pounds per week. The leaner you get the slower fat loss will become. So if you're starting at 10% bodyfat and looking to get down to 6% you may only be able to lose one pound per week without losing muscle.

## **Question: I can't eat enough calories in the four hour window and when I do feel bloated all night. What can I do?**

Answer: The first thing I suggest is extending the window to 5 hours, then 6 if that doesn't work, then 7, then 8.

True hardgainers sometimes have digestion issues which is why it's a MUST for all of them to supplement with digestive enzymes and use HCL or hot water with lemon juice before big meals.

## **Question: If I train at 11am shouldn't I be replenishing my glycogen stores immediately and eating all my carbs right after the workout?**

Answer: When you overeat during the day and/or have a large amount of carbs your nervous system switches from sympathetic mode to parasympathetic mode. In simple terms that's relax and repair mode. Therefore you will not be as alert. Sympathetic mode is fight or flight mode which is what you want to be in during the day when you're working and need to be focused. When you make the switch at night that helps you wind down, chill, repair, grow, release growth hormone, etc.

I recommend carbs at night regardless of training time for five reasons:

- 1) To remain in parasympathetic nervous system mode during the day when I need to get work done.
- 2) Works much better from a social perspective to be able to eat at night with friends or family.
- 3) I don't have a lot of time to eat during the day.
- 4) Contrary to what everyone once believed it really doesn't matter that much how rapidly you refill your glycogen stores after a workout. As long as you do so before the next training session occurs you'll be fine. So if you train at 10am and don't load carbs til 8pm you will be fine for your next day's workout at 10am or the following day's workout at 10am if the next day is an off day.
- 5) Insulin sensitivity is lowest at night, which means that if you just trained there is less chance of getting fat from eating carbs.

## **Question: Can I eat nuts during the under eating phase?**

Answer: Yes but only up to 10-15 grams of fat. This is a very small amount so be sure to measure it. In general, the consumption of nuts should not be a huge part of your diet. Use them as you would condiments.

## **Question: I feel great in the early part of my fast but by 11:00-11:30 I get the shakes/jitters. What would you do to combat this?**

Answer: It's most likely that you're over stimulated. Being in the sympathetic nervous system mode for that long does get you pretty cranked. If this doesn't subside within a week or two I'd probably drink a light protein shake and some healthy fat around that time and just cut your fast a bit shorter. It won't be a deal breaker.

## **Question: I thought that having carbs at night interferes with growth hormone production while you're sleeping. Yes? No?**

Answer: That has been said before but may not necessarily be a huge concern. The other option is to eat carbs during the day which is not good for numerous reasons. As long as you have about 2-3 hours between your last meal and bed time this insulin interfering with growth hormone production possibility won't be an issue. If it's not possible to have that many hours between your last meal and bed time, and this is a major concern for you one solution would be to simply have higher glycemic index (faster) carbs at night and less fat in your main meal. This would cause a more rapid insulin spike and a faster return to normal baseline levels, thus eliminating, or at least decreasing the chance that it will interfere with night time growth hormone production.

## **Question: I'm an old school bodybuilder and can't believe that eating any less than two grams of protein per pound of bodyweight per day will work. Are you sure about this?**

Answer: All you can do is try it. Cut your protein to the levels I recommend, follow the rest of the diet as it's laid out and see what happens. If you start shriveling away then jack up your protein intake; but I don't think it's going to happen. I personally went from 300-400 grams of protein per day down to 100-200 and know numerous other people who have done the same. None of us lost an ounce of muscle. Again, if all that was required to build muscle was a high protein intake there would 275 pound mass monsters on every street corner. In fact, there is ample evidence to suggest that consuming too much protein may actually be counterproductive and that protein synthesis is enhanced with a lower daily amount of protein and adequate time between feedings.

## **Question: Do you place any restrictions on sodium use?**

Answer: Not unless you have some sort of pre-existing condition that would require you to do so. You need adequate sodium levels to stay optimally hydrated and maximize performance levels. In fact, boosting your sodium intake during extreme fat loss dieting actually helps keep strength levels up which helps prevent muscle loss.

# **Question: I have a strongman competition coming up next week.**

It begins at 12:00pm and will probably last 5+ hours. The events are log clean and press for reps, yoke walk, farmer walk medley, car deadlift for reps and stone loading.

What would be the best way to set up eating for this day? For competition day I was thinking something along the lines of:

9:00am- Eggs, Bacon, Oatmeal

11:00am- Fruit, Mixed Nuts, Coconut Water

12-5pm- Fruit, Mixed Nuts, Coconut Water, Protein shakes in water

Any feedback or recommendations would be great.

Answer: The first thing you need to do is really glycogen load the night before. I'd shoot for 400-500 grams of carbs the Friday before.

The plan you laid out looks good. Definitely drink coconut water all day and add a pinch of sea salt to it. I would get rid of the nuts and instead bring a jar of coconut butter and eat a tablespoon or two of that at each break when you are eating. That will be faster digesting and will take less of a toll on your digestive system. Less digestive stress will equal more energy.

At that 11am feeding I would do a scoop of whey isolate protein. That would be better than having that meal alone with no protein.

Also, I'd consider adding some rice or potato starch to one of those mid day shakes. Fruit is great for quick energy and digests rapidly but it doesn't refill muscle glycogen stores very effectively.

## **Question: If my goal is mass gain can I add carbs to the undereating phase?**

Answer: You can but you will probably have a harder time staying lean. It's best to keep carbs low in the early part of the day. For gaining lean mass you still want to undereat and go low carb because that is what leads to such a strong anabolic rebound effect in the over eating phase.

I have a few people going low calories and low carbs during the first half of the day then jamming tons of rice and pasta and pizza at night and they are gaining while staying lean.

## **Question: Are there any other fruits I can eat besides cherries and berries.**

Answer: Those are by far and away the best fruit choices. Next on the list would be green apples. They contain less sugar and fewer toxic pesticides than red apples, although you can have red ones occasionally but I'd remove the skin.

## **Question: How do you feel about avocado in my salads?**

Answer: Great. Just be sure to keep tabs on your fat intake and don't go overboard.

## **Question: On the days that I don't eat eggs, can I have two protein shakes?**

Answer: You could do that. Be sure to have a little bit of fat and fiber with them. Straight protein shakes can make you fat. You need the fiber and fat together with them.

## **Question: What should I do if I have sports practice first thing in the morning?**

Answer: Have 10 grams of BCAA, 5 grams of creatine and whatever amount of caffeine you can tolerate before. You could also add beta alanine and/or three grams of tyrosine to this mixture as well. If the practice is going to last a few hours and is very intense and requires a lot of running then you should sip a protein and carb drink during it. This should contain 25 grams of whey isolate and 50 grams of carbs from maltodextrin, dextrose, or rice or potato starch. Start sipping this about 30 minutes into practice. After practice have another identical drink and then go back to low carb eating until the night time.

## **Question: I looked into a few farms in my area and while they are organic and free range, they do sometimes substitute with grains. Your thoughts?**

Answer: You can not eat grain fed beef. It completely changes the fatty acid profile of the meat and cows that are fed grains get sick, meaning that they usually need antibiotics or something else is wrong. Don't do it. If you get it from Whole Foods you should be fine just always ask if it is grass finished as well as grass fed.

## **Question: Will I experience faster fat loss if I cut all carbs completely?**

Answer: You might but you'd also lose muscle, probably get weaker and negatively affect your sleep quality, which, in my opinion, makes it an option not worth choosing. There's rarely a reason to ever go below 50 grams of carbs per day. Remember, carbs are anabolic and anti catabolic and are also needed to fuel your workouts.

## **Question: Can I still use BCAA with a cup of coffee before my workout if I train at night?**

Answer: Absolutely. I recommend it. Just be sure it's not so much caffeine that you won't be able to sleep.

## **Question: What if don't know my body-fat percentage? How do I figure out my carbohydrate needs?**

Answer: Unfortunately it's very difficult to get reliable body-fat measurements unless you have a qualified expert. Therefore we can simplify the carb calculations down to the following:

- For moderate fat loss have .5 grams of carbs per pound of bodyweight per day and add an extra 50 grams on training days.
- For rapid fat loss eat no carbs other than green vegetables and an extra 50 grams on training days from starchy sources.
- For extreme fat loss eat no carbs other than green vegetables. Once you can see visible abs you can start to have one carb meal with 50-100 grams of starchy carbs every 3-4 days until you reach your goal.

And for muscle gain:

- For moderate muscle gain have .5-.75 grams of carbs per

pound of bodyweight on off days and 1 gram per pound on training days.

- For faster muscle gain have 1 gram of carbs per pound of bodyweight on off days and 2 grams per pound on training days.
- Extreme hardgainers should have 2 gram of carbs per pound of bodyweight on off days and 3-4 grams of carbs per pound of bodyweight on training days.

## **Question: Should I take additional fiber?**

Answer: At the beginning of a fat loss phase I always have everyone take extra fiber for the first 4-6 weeks. Get Daily Fiber Formula by Yerba Prima and take one scoop in water each night before bed. This helps clean you out and speed up the initial weight loss process.

## **Question: I heard there's no such thing as an essential carbohydrate. Can I just eat protein and vegetables instead of adding in potatoes, yams and rice?**

Answer: If your goal is fat loss then the answer is yes, you can. Your performance in the gym may suffer after a few weeks and you may lose some muscle but if your main goal is fat loss then that is completely fine. If your primary goal is to gain

mass and improve your performance you will definitely want to include at least a small amount of starchy carbs to fuel your workouts and help keep muscle glycogen stores full. And to be as ripped as possible you will need to add some carbs back in once you are down into the single digit body-fat percentage range. Bodybuilders who deplete carbs always add them back in shortly before a contest because it helps them appear even leaner and more vascular.

## **Question: What other carbs can I have besides potatoes, yams and rice?**

Answer: Those are the best but you can also have some quinoa and buckwheat. If you want some pasta, bread or cereal on occasion make sure that they are made from rice flour. No wheat products of any kind should ever be consumed.

## **Question: Do you recommend using a scale to weigh my food?**

Answer: If you really wanted to get anal about it you could but one of the nice things about The Renegade Diet is that it is very freeing and doesn't force you to follow most of the traditional diet rules. That said, once you get down near single digit body-fat levels you will need to track things very carefully to lose a significant amount of fat and get even more ripped. Going from 8% to 5% requires extreme dedication. But if you are just using The Renegade Diet to lose 10 pounds or gain some muscle you can be a little less strict.

## **Question: What are some easy ways to get more calories in if I'm struggling to meet my daily totals?**

Answer: Eat calorically dense foods like oils, nuts and coconut milk. It's very simple to add a few extra tablespoons of olive oil to your meals. Try to focus on eating simple white carbs like rice or potatoes instead of more fiber containing versions like brown rice or sweet potatoes. They won't make you as full thus allowing you to eat more. You can also make a protein pudding at night with ice cold, full fat coconut milk, cocoa powder and protein powder. A can of coconut milk is pretty easy to consume and will give you an additional 720 calories. For some added carbs you could mix some rice starch in there as well.

## **Question: Can I take supplements during the morning fast or should I wait until the undereating period begins?**

Answer: I prefer to let the digestive system rest completely during the fast. If certain supplements you are taking need to be spaced out I would recommend doing your best to wait at least a few hours after eating breakfast.

## **Question: Do you have any good resources for helping me track my daily food intake?**

Answer: I recommend using [FitDay.com](https://www.fitday.com).

# ABOUT THE AUTHOR

**J**ason Ferruggia is a highly sought after, world renowned strength and conditioning specialist based out of Santa Monica, California. Since 1994 he has trained more than 700 athletes from over 90 different NCAA, NFL, NHL and MLB organizations. He has also worked extensively with firefighters, police officers and military personnel as well as countless weekend warriors, Hollywood stars and entertainers. Jason has proven to be especially skilled at helping people gain enormous amounts of muscle and shed body-fat as fast as humanly possible and is known for the incredible transformations he makes in all of his clients' physiques.

Jason is a Live Strong advisor board member and the chief training adviser for Men's Fitness magazine where he also has his own monthly column called The Hard-Gainer. He has authored over 500 articles for various other fitness related websites and magazines such as Muscle & Fitness, Men's Health, Maximum Fitness, MMA SportsMag, Today's Man, Muscle and Fitness Hers and Shape.



Jason has also written four highly regarded and controversial training books that have sold in more than 134 different countries worldwide. A regular lecturer and media consultant, Jason has given seminars all over the country on the subject of fitness and performance enhancement, and his cutting edge training techniques have been featured on over 30 radio and TV stations such as CBS, ESPN, FOX, ABC, 1010 Wins: New York, America Tonight and many others.

Nearly two decades of extensive research, in-the-trenches experience and the ability to consistently deliver unsurpassed results have earned Jason Ferruggia a reputation as one of the top fitness experts in the world today.

For more information about Jason and his training methods and products, please visit [www.JasonFerruggia.com](http://www.JasonFerruggia.com)

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